

Bring the Whole Family!

This is truly an event for the entire family. Adults and kids of all ages will enjoy:

- FREE Race Day T Shirt for the first 300 participants
- Group warm up exercises
- Best post-race refreshments
- Local vendors and giveaways
- And more!

Bill Zimpfer, Oldies 98.1 host, will be the emcee for the race!

Date: Saturday, May 14, 2016

Location: Upper Perk YMCA

Times:

7:30-8:30 AM Registration
9:00 AM 5K Race Start

Rain or Shine. Fees are not refundable.

The Course – NEW!

Will start and end at our new YMCA facility

All proceeds from this race benefit the Y Annual Campaign.

Funds raised from the Y Annual Campaign provide critical financial assistance to members who otherwise could not afford our YMCA programs.

Awards

- Overall Male & Female, 1st place
- Age Group Awards to the 3 top Male and Female finishers in the following categories: 7 & under, 8-10, 11-14, 15-18, 19-29, 30-34, 35-39, 40-44, 45-49, 50-55, 60 & over

COURSE RECORDS

17:06 – Male

20:29 – Female

Registration

Online at:

[TBA](#) (Individuals only)

Mail or drop off your entry at the
Upper Perkiomen Valley YMCA
1399 Quakertown Road
Pennsburg, PA 18073

Entry Fees

\$25 per person
\$60 per family

For more information or questions, contact Carol Fels
215-679-9622 or
cfels@philaymca.org

Please Print – Entry Form – One per Person

Last Name _____ First Name _____ Male Female

Address _____ City/State/Zip _____

Date of Birth _____ Age on race day _____

Email: _____ Phone _____

T-shirt Size (Pick one) YM AS AM AL AXL AXXL

Fee Enclosed \$ _____ (Checks payable to the Upper Perkiomen Valley YMCA)

REGISTER ONLINE AT:
TBA

Waiver and Release: In consideration of being permitted to participate in the YMCA 5K Run & Fun Walk, I hereby for myself, my heirs, and personal representatives assume any and all risks which might be associated with the event, and I further waive, release, discharge, and covenant not to sue the Philadelphia Freedom Valley YMCA, its officers, members, sponsors, organizers, or other representatives, or successors and assigns, for any injuries or damages of any kind, as a result of taking part in this event and related activities. I also agree to the use of film, photo, or videotape for any purpose.

Signature: _____ **Date:** _____
(If under the age of 18, a parent or guardian's signature is required.)

**We hope to see you
on the course at our
13th Annual 5K Run
& Fun Walk on
May 14, 2016!**



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**UPPER PERKIOMEN
VALLEY YMCA**
**13th Annual 5K Run
& Fun Walk!**



**SATURDAY, MAY 14
9:00 AM**

Independence 