

JOIN US FOR THE INAUGURAL

APPLE PIE 5K & FAMILY FUN RUN/WALK



Sunday, October 2, 2016 • Cacoosing Meadows Park, Reedy Road, Sinking Spring, PA

8 a.m. Registration • 5K at 9 a.m. • 1 Mile Family Fun Run at 9:45 a.m. • Rain or Shine

ENTRY FEES 5K - \$25. before 9/9/16 and guaranteed shirt size, \$29. after 9/9/16 no shirt size guarantee, \$25. after shirts are gone.
1 Mile Family Fun Run/Walk - \$10. before 9/9/16 and guaranteed shirt size, children under 12 are free for fun run only no shirt, \$14. after 9/9/16 no shirt size guarantee, \$10. after shirts are gone

AWARDS Over all male and female, top 3 male and female per 5K age group: 15U, 16-19, 20-29, 30-39, 40-49, 50-59, 60+ No awards for the 1 mile family fun run/walk.

ACTIVITIES Apple pie contest with 3 prizes to be awarded. Fun and games for children. Food concession.

REGISTRATION Visit: Township of Spring Parks & Recreation Department, 2850 Windmill Rd. Sinking Spring, PA 19608
Call: 610-678-5399, M-F, 8 a.m.-5 p.m., pay by credit card. Online: www.springtwpberks.org, pay by credit card.

Your support is appreciated to help maintain the Township of Spring Parks , playgrounds , youth and adult programs and special events.

No bicycles, scooters, roller blades or pets. Strollers are permitted for the family fun run/walk only.

RUNNER'S INFORMATION

Name: _____ Address: _____

Sex: M F DOB: _____ Age on Race Day: _____ Email: _____ Phone: _____

Shirt Size (circle) Adult: S M L XL XXL Event (circle) : 5 K 1 Mile Family fun Run / Walk

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there could be traffic, hazards, poor footing and debris on the course and I assume the risks of running this event. I also assume any and all other risks associated with running or attending this race including but not limited to falls, contact with other participants, the affects of the weather, the conditions of the course, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge The Township of Spring, Wilson School District, Pretzel City Sports, the race committee, volunteers, and any and all sponsors including their agents, employees, assigns or anyone acting on their behalf for any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever, foreseen or unforeseen, known or unknown. The use of headphones are strongly discouraged during the event. By entering the race, I am granting permission to the Township of Spring Parks & Recreation department to use any pictures of me secured at the event in any way they see fit with out my review, restriction or compensation. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____

Date ____/____/2016