



# Telford Fire Company



## Feel the Burn

## 5K Run/Walk

### TELFORD, PA

**Saturday, October 22, 2016 9:00am 5K Run / Walk 9:45am Awards**

**WHO:** Runners of all ages! Walkers of all ages! Gather your family, friends, neighbors and co-workers! Rain or Shine.

**WHAT:** **Feel The Burn** 5K Run/Walk is a fundraiser for the Telford Volunteer Fire Company with a portion of the proceeds going to The Fallen Firefighters Foundation – “Our mission is to honor and remember America's fallen fire heroes, to provide resources to assist their survivors in rebuilding their lives, and work within the Fire Service Community to reduce firefighter deaths and injuries.”

**WHERE:** Penn Valley Church, located at 320 N. Third Street, Telford, PA 18969. The wheel measured course will have mile markers at 1, 2 and 3 miles. Finish line and timing by Pretzel City Sports. Race results posted on [www.pretzelcitysports.com](http://www.pretzelcitysports.com)

**REGISTRATION:** Registration/packet pick-up **7:30-8:45am in church parking lot** 5K Run/Walk **\$25** **Drawstring Backpack & Water Bottle** to all registrations postmarked by October 12<sup>th</sup>. Afterwards and on race day, \$30 while backpacks & water bottles last. Optional online registration available on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) (nominal processing fee applies - online registration closes on Wednesday Oct. 19<sup>th</sup> at midnight)

**AMENITIES:** Refreshments for all race participants, toilet facilities and lots of parking.

**AWARDS:** **Top overall Male & Female finishers and top 3 male & female finishers in each category: 18 & under, 19-29, 30-39, 40-49, 50-59, 60+**

**REMEMBER:** For the 5K race; pin your number to your shirt **FRONT** leaving the bottom portion unpinned so it can be removed as you cross the finish line. This is very important!

.....**Please Print Clearly**.....

**REGISTRATION:** Telford Volunteer Fire Company, **Feel The Burn** 5K Run/Walk \$25 – Complete, detach and mail. Include registration fee for race before October 12<sup>th</sup> to guarantee a backpack & water bottle. Make Checks payable to **Telford Volunteer Fire Company** and Mail To: Feel the Burn Race, 400 West Broad Street, Telford, PA 18969; Any questions please contact race director Cathy O’Reilly 610-517-4021 or [ceoreilly@comcast.net](mailto:ceoreilly@comcast.net)  
[www.telfordfireco.com](http://www.telfordfireco.com)

Last name \_\_\_\_\_ First name \_\_\_\_\_  
Address \_\_\_\_\_  
City/State \_\_\_\_\_ Zip \_\_\_\_\_ Race day age: \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_  
Sex: M F Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ E-mail address \_\_\_\_\_

**WAIVER/RELEASE:** I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to The Telford Volunteer Fire Company, the Boroughs of Telford and the Township of Franconia and those in their employ, the Counties of Montgomery, and all their representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running in this event including, but not limited to: falls; contact with other participants; the effects of the weather, including high heat and/or humidity; and the condition of the road; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event.

Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/ 2016