



5k and 1 mile Fun Run/Walk Heebner Park Worcester, PA Saturday, September 17, 2016

WHO: Runners of all ages. Bring friends, family, and your dog! Walkers are also invited to participate using the same course. The course is stroller and wheelchair accessible. Choose to run with your pup or without. First 50 dogs entered will be able to run the race. All dogs and humans are welcome to participate in the 1 mile Fun Run/Walk.

WHAT: Paws To Be FIT, is a 5k, community wellness event that will bring you, your family and your dog together for a day of fitness, wellness and fun.

WHERE: Heebner Park Worcester PA -1721 South Valley Forge Road Collegeville PA 19426. Enter the front main driveway off of Valley Forge Road. Course is paved some parts are packed gravel. 5k loop around park using some adjoining neighborhoods. Enjoy various activities such as Doga (Yoga for you and your K9), Human/dog agility courses, Agility Demonstrations, foods, crafts, games and more. Event sponsored by Molly's Country Kennels and Independence Blue Cross.

WHEN: Saturday September 17, 2016
8:00 a.m. – Registration begins
8:30 a.m. – 1 mile Fun Run/Walk begins
9:00 a.m. – 5k start for humans/humans with dogs

HOW: To register, visit www.pretzelcitysports.com or complete the form below and submit a \$25 per person includes you and your dog or a \$60 per family plus dog (A family registration can only be done through the Audubon YMCA Branch= 2 adults

and the dependent children under the age of 18 living in the same household) check/money order to **Audubon YMCA** by September 1st to receive a PAWS To Be FIT 5K Long sleeve Tech shirt. The fee for entries received after September 1st and Race Day is \$35 while T-shirts last. Size requests will be honored to the best of our ability but size may be substituted.

RESULTS: 1, 2 and 3 mile marked. Finish line and timing service by Pretzel City Sports. Race results posted on www.pretzelcitysports.com

AWARDS: Medal and will be presented to Overall Male and Female Champion. Medals presented to top three (3) Male and three (3) Female finishers in each of the following age buckets: 14 and Under, 15-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70+ years. Medals for Overall Male/Dog and Female/Dog Champion. (Gift for to first 50 registered dog participants)

DIRECTIONS:

- Heebner Park is located on 1721 South Valley Forge Road Collegeville PA 19426
- Use front driveway; entrance for the event will be in the front of the park
- Additional parking available at the Heebner Rd lot

REMEMBER: Pin your number to your shirt FRONT leaving the bottom portion uninned so it can be removed as you cross the finish line. This is very important!

Contact info: egenuardi@philaymca.org

REGISTRATION: PAWS2BFIT 5K Complete this portion. Detach and mail. Include \$25 early registration fee before September 1st. Late registration fee \$35. Checks payable to **Audubon YMCA**
Select: RUNNER or WALKER
DOG

Name _____ Address _____
 Phone _____ City _____ State _____ Zip _____
 E-mail address _____ Age (on Race Day) _____ Male _____ Female _____

T-shirt size (circle one)
Youth L M S
Adult S M L XL XXL

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to SASH, the Boroughs of Sellersville and Perkasie, the Townships of East and West Rockhill and those in their employ, the Counties of Bucks, 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 X _____ Date _____
 (Parent or guardian's signature if less than 18 years of age.)

**Please make checks payable to Audubon YMCA and mail to:
 Audubon YMCA
 Attention: Erica Genuardi
 2460 Blvd of the Generals
 Norristown PA 19403**

