



Montco SAAC's
Meals On Wheels
5K Run / 3K Walk
Outrunning Senior Hunger
September 12, 2015 9 AM

Montgomery County Community College, Blue Bell, PA
Benefitting the Ambler, Glenside and Norristown regions

Run the traffic controlled roads of Montgomery Community College, just off Route 202 in Blue Bell, PA and help feed Seniors in our community who may go hungry without our help. Registration opens at 8:00 AM. 5K run starts at 9:00 AM, 3K walkers follow at 9:10 AM, awards at 10:00 AM. Light refreshments will be available. Leashed canines welcome. Timing and race consulting provided by **Pretzel City Sports**.

ENTRY DEADLINES:

- Entries postmarked or registered online on or before **Saturday, August 15, 2015**: \$20.00 Includes a race packet and a **guaranteed** adult-size, short sleeve shirt.
 - Entries postmarked or registered online **Sunday, August 16, 2015 through race day**: \$25.00 Includes a race packet, with shirt available while supplies last.
 - Children 12 and under may register on or before **Saturday, August 15, 2015**: \$10.00 Includes a race packet and a guaranteed short sleeve shirt (*Circle for Youth sizing*). **Sunday, August 16, 2015 through race day: FREE!** (Includes a race packet only.)
- Shirts available to purchase on day of event for \$10.00 while supplies last. To guarantee a shirt, register by August 15, 2015.**
Registering on race day? Payment can be made with Cash or Check only.

Awards and Shirts will be distributed at the event only, and will not be mailed. Event held rain or shine, no refunds.

Optional online registration at:
www.montcosaac.com and www.pretzelcitysports.com

(Nominal service fee applies. Closes at midnight the Wednesday before the race. Found on MontcoSAAC site under "Special Events".)

AWARDS & RECOGNITION: Top three overall Male and Female winners, plus Top Male and Female finishers: 0-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70 and Up

Make check payable to: MONTCO SAAC

Send check & below form to: Montco SAAC 45 Forest Avenue Ambler, PA 19002

Questions? Contact Renae at 215-619-8863 or rgagen@montcosaac.com

Team name (if applicable. See below*) _____

Last name _____ **First name** _____

Address _____ **City** _____ **State** _____ **Zip** _____

Sex: M F **Age on Race Day:** _____ **Date of birth** ____/____/____ **Shirt Size:** S M L XL (Adult or Youth)

Email: _____@_____ **Phone:** (_____) _____

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 will be traffic on the course and assume the risk for running in traffic. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the affects of the weather and the condition of the roads, 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 Montco SAAC, any subcontractors & facilities it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to Montco SAAC to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation **I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)**

Signature _____ **Date** ____/____/____

Application may be duplicated. Applications can be downloaded at www.montcosaac.com and www.pretzelcitysports.com

***Team Members:** If you are participating as a member of a team, please indicate your Team Name on the application form. The Team Leader may pick-up the individual team members' packets at the Ambler center (45 Forest Avenue, Ambler PA) on Friday 9/11/15 from 2 pm - 4 pm only. Team leaders may also pick up members' packet on race day at the "Pre-Registered" Table.

Important: Team leaders must bring all waivers Signed by each individual participant in order to pick up the teams' packets.



Brought to you by:

and The Conicelli Family