



& OPEN HOUSE



October 21, 2017 at 10 am

LOCATION/REGISTRATION: Twin Valley Fire Department, 4456 Main Street, Elverson, PA 19520

5K COURSE: Paved course with some hills, course will start and end at the Twin Valley Fire Department, travelling west on Rt 23, and following south Twin Valley Road to Hemlock drive. Runners will then travel north on Twin Valley Road and turn on Heritage Drive, returning to Rt 23 and ending again at the Twin Valley Fire Dept. All traffic will be directed and/or detoured by Fire Police.

FUN RUN: One mile fun run begins at 9:30 am at Twin Valley Fire Department grounds and is open to all ages. No cost to participants.

AMENITIES: T-shirt to all who pre-register for the 5K. Refreshments and snacks at the finish line, indoor restroom, parking, time clock at finish, and instant results. Held rain or shine. No refunds or mailed awards. Results will be posted to www.pretzelcitysports.com in 1-2 days.

AWARDS: Awards for the overall male and female winners and the top male and female runners in each age group. Age groups include 18 & under, 19-29, 30-39, 40-49, 50-59, 60 & over.

5K FEE: \$25.00 with shirt guaranteed if registered by 10/07/17. After that date and including race day \$30.00 shirts available while supply last. Online registration available at www.pretzelcitysports.com (Nominal service fee applies, closes at midnight, the Wednesday before race day)

GENERAL DIRECTIONS: Twin Valley Fire Department 4456 Main Street Elverson, PA at the intersection of Route 23 and Route 401, or visit TVFD69.com, any questions please call Ray Dymond @ 610-763-6327

RACE DIRECTOR: Ray Dymond

All Proceeds benefit Twin Valley Fire Department, a 100% volunteer department. Proceeds will fund replacement costs of tools and equipment used to protect the community.

PLEASE MAIL CHECK PAYABLE TO: "Twin Valley Fire Department" Memo "5K" & send with form below to: Twin Valley Fire Department 5K, P.O. Box 181, Elverson, PA 19520

Please visit TVFD69.com for updates! Please join us after the race for our Open House!

..... PLEASE PRINT CLEARLY

Name _____

Address _____

City _____ State _____ Zip _____

Race Day Age _____ Date of Birth ____/____/____ Phone: _____

Event (circle one): 5K Run/Walk Fun Run Sex (circle one): M F Shirt Size (circle one): S M L XL 2XL

Email _____

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 effects 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 Pretzel City Sports, Twin Valley Fire Department and any subcontractors 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. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign below)

Signature _____ Date _____