

WEST NANTMEAL HISTORICAL COMMISSION
Stoke the Furnace 5/10 K Run
COMMUNITY Day- Food and FUN
Saturday, September 23, 2017



Run proceeds benefit the Restoration of Historic stone walls

WHO: Runners and walkers of all ages. Gather your family, and friends. Walkers are invited to participate using the same course. Walking track around township park is perfect for strollers.

WHAT: This clearly marked and accurate course takes you by several ponds, along the gently flowing Perkins run, and past historic stone homes and walls. The 10K continues on past a 250 year old Mill, the historic Isabella Furnace (with current wall restoration), across century old stone bridges crisscrossing the Brandywine, with rolling hills and picturesque views.

Both courses have a water station and are mostly shaded. 1, 2 and 3 mile marked.

WHERE: West Nantmeal Park 455 N. Manor Road, Elverson, PA
Follow Signs. Volunteers will assist with free parking.

WHEN: Saturday, September 23, 2017
8:00 a.m. – Registration begins
9:00 a.m. – 5K/10K Event begins

HOW: To register you can: complete the form below and submit a \$20 check/money order to WNHC at PO Box 234 Elverson, PA 19520 by September 1; or register on-line at: pretzelcitysports.com
The fee for entries received after Sept. 1 is \$25. Stoke the Furnace T-shirts are guaranteed to registrants received by 9/1/17.

FINISH LINE: Finish line and timing service by Pretzel City Sports. Water and healthy snacks provided to runners. Race results submitted to local newspapers and at Pretzel City website.

Award presentations to follow immediately upon completion of walk/run. Medal will be presented to Overall Male and Female winners. Medals presented to top 2 Male and 2 Female finishers in each of the following age brackets: 18 years and under, 19-29 years, 30-39 years, 40-49 years, 50-59 years, 60 + years

REMEMBER: 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!

BRING YOUR FAMILY- COMMUNITY DAY WITH EXCITING EVENTS, FOOD & FUN RUN – 9:00-3:00

REGISTRATION: Stoke the Furnace 5/10 K walk/run. Complete this portion. Detach and mail. Include \$20 early registration fee before Sept. 1. Late registration fee \$25. Stoke the Furnace t-shirts guaranteed to early registrants; Checks payable to WNHC
Select: 5K Run/Walk 10K Run

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

T-shirt size (circle one) Youth L Adult S M L XL XXL
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WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to West Nantmeal Township and Historical Commission 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 WNHC and mail to: PO Box 234, Elverson PA 19520
(610-286-9722 ext.# 17) ♦ www.westnantmealhc.org