



**\*ONLINE REGISTRATION IS STRONGLY ENCOURAGED**

**5K Race & 1 Mile Fun Walk or Run benefitting Stratford Friends School**

**RACE ADDRESS:** Rose Tree Park, 1671 N Providence Rd, Media, PA 19063

**REGISTRATION:** Day of Registration opens at 8:30 AM  
5K Race Start at 10:00 AM  
1 Mile Walk Start at 10:00 A.M.

**FEES:** For 5K Race and 1 Mile Fun Run: **\$25** per person if registered by **Thursday, September 14th** - includes guaranteed shirt in size ordered. From **Friday, September 15th to October 4th** registration fee is **\$30** per person, with shirts available while supplies last. Day of Race Fee is **\$35** and shirts available while supplies last.

**Optional Online Registration available at [www.Stratfordfriends.org](http://www.Stratfordfriends.org).** Go to **Support SFS** and select **Special Events**. Look for the **Annual 5K** information to register, or go to [www.pretzelcitysports.com](http://www.pretzelcitysports.com) (All online registration includes a minimal service fee and closes at midnight on **October 4th**), or complete the form below.

**AWARDS:** 5K run awards will be presented to 1st, 2nd, and 3rd overall male and female in the following age groups: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, and 60 & above.

**Contact:** (610) 355-9580 [blynch@stratfordfriends.org](mailto:blynch@stratfordfriends.org)

Make checks payable to Stratford Friends School. Detach and mail to 2 Bishop Hollow Road, Newtown Square, PA 19073

**Select: 5K RACE / 1 MILE FUN WALK**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
(if applicable)

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

<b>Shirt Size: (Check One)</b>			
<b>Adult</b>			
<input type="checkbox"/> S	<input type="checkbox"/> M	<input type="checkbox"/> L	<input type="checkbox"/> XL
<b>Youth</b>			
<input type="checkbox"/> S	<input type="checkbox"/> M	<input type="checkbox"/> L	<input type="checkbox"/> XL

E-mail address \_\_\_\_\_ Age (on Race Day) \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

**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 Pretzel City Sports, Stratford Friends School 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)

Signature X \_\_\_\_\_ Date \_\_\_\_\_  
(Parent or guardian's signature if less than 18 years of age.)