



Telford Fire Company



Feel the Burn 5K

TELFORD, PA

Saturday, October 14, 2017 9:00am 5K 10:00am Awards

WHO: Runners and Walkers of all ages! Gather your family, friends & neighbors! Pets & strollers welcomed. Rain or Shine.

WHAT: **Feel The Burn** 5K is a fundraiser for the Telford Volunteer Fire Company with a portion of the proceeds going to The Fallen Firefighters Foundation – “Our mission is to honor and remember America's fallen fire heroes, to provide resources to assist their survivors in rebuilding their lives, and work within the Fire Service Community to reduce firefighter deaths and injuries.”

WHERE: Penn Valley Church, located at 320 N. Third Street, Telford, PA 18969. The wheel measured course will have mile markers at 1, 2 and 3 miles. Finish line and timing by Pretzel City Sports. Race results posted on www.pretzelcitysports.com

REGISTRATION: Registration/packet pick-up 7:30-8:45am in church parking lot 5K \$25

T-shirt to all registrations postmarked by October 4th. Afterwards and on race day, \$30 while T-shirts last. Optional online registration available on www.pretzelcitysports.com (nominal processing fee applies - online registration closes on Wednesday Oct. 11th at midnight)

AMENITIES: Refreshments for all race participants, toilet facilities and lots of parking.

AWARDS: Top overall Male & Female finishers and top 3 male & female finishers in each category: 18 & under, 19-29, 30-39, 40-49, 50-59, 60+

REMEMBER: pin your bib number to your shirt FRONT leaving the bottom portion unpinned so it can be removed as you cross the finish line.

.....Please Print Clearly.....

REGISTRATION: Telford Volunteer Fire Company, **Feel The Burn** 5K \$25 – Complete, detach and mail. Include registration fee for race before October 4th to guarantee a T-shirt. Make Checks payable to **Telford Volunteer Fire Company**

Mail To: Feel the Burn Race, 400 West Broad Street, Telford, PA 18969

Questions? Contact Race Director Cathy O'Reilly 610-517-4021 or ceoreilly@comcast.net, www.telfordfireco.com

Last name _____ First name _____

Address _____

City/State _____ Zip _____ Race day age: _____ Date of birth ____/____/____

Phone: (____) _____ - _____ Sex: M F Shirt Size (circle one) S M L XL XXL YS YM YL

E-mail address _____

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to The Telford Volunteer Fire Company, the Boroughs of Telford and the Township of Franconia and those in their employ, the Counties of Montgomery, 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 _____ Date ____/____/2017 Paid _____ Bib# _____