Invites You To Our  
7th Annual
Runny Nose 5K Run/1 Mile Walk
April 2, 2017
Lorimer Park, Abington, PA

Schedule:
7:30am  Registration (at Lorimer Park in the main parking lot)
8:30am  5K Run
8:40am  1 Mile Walk
9:30am  Awards and celebration
9:45am  Kids 75 Yard Dash (all finishers receive a ribbon)

Registration:
Register at www.pretzelcitysports.com or by mail (see back for details)

Entry Fees:
$15 – Students up to and including age 18 (if pre-registered by 3/12/2017)
$20 – Adults (if pre-registered by 3/12/2017)
$25 – Students & Adults registered after 3/12 & day of race (walk-ups welcome!)
FREE – Kids under 12 for 75 yard dash (race shirt not included, but each child gets a ribbon)

Race shirts guaranteed to all pre-registered participants in the 5K Run or 1 Mile Walk, and on a first-come first-serve basis if not pre-registered

5K Run Age Groups (Male & Female)
15-19, 20-29,
30-39, 40-49, 50-59, 60+

Awards Ceremony
5K
• Top three male and female overall
• Age group awards (top three athletes per age group)

The Course
Are you sick of boring road races on asphalt? Run our beautiful cross country style course through the Lorimer Park rail trails. The races will start and finish at the park.

Race Address
Lorimer Park
183 Moredon Road
Abington, PA 19006

Join us after the 5K for a post-race celebration as we recognize all who participate in this exciting event, and award those who’ve placed in each category. Enjoy snacks and more!

Entry Form
Please complete one form per person (including kids)

Name______________________________
Age: ___  Birthdate: __________________
Sex:  Male  Female (Circle One)
Address__________________________________________________________
City______________________________________________________________
State_________________ Zip________________
Phone__________________________________________________________
Email address ____________________________________________________
Check Event Below: 5K Run ___  1 Mile Walk___ Kids Dash___

Shirt Size:  Adult  S  M  L  XL  XL (Circle One)

WAIVER: I know that running a 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 may 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 and/or trails, 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, Lorimer Park and Federation Early Learning Services 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 _______________________________________________________

Must be signed by parent/guardian if participant is under 18
Mail Entry Forms to
Scott Gill
237 Church Road
Elkins Park, PA 19027

Make Checks Payable to:
Federation Early Learning Services
(FELS)

for More Information or
Optional Online Registration
Visit www.pretzelcitysports.com
(Online registration closes at midnight 3/29/2017; nominal service fee applies)

Sponsorships and Donations
There are a variety of ways to be involved with the Gutman Parents’ Association Runny Nose 5K event. Even if you do not plan to participate, you can support our efforts with a donation or sign up for a sponsorship and receive great advertising benefits. To obtain information on sponsorship levels, please contact Scott Gill at 732.673.7353 or RunnyNose5K@gmail.com

Gutman Parents’ Association
7th Annual Runny Nose 5K & 1 Mile Walk

Sunday, April 2, 2017
8:30am
Lorimer Park
Abington, PA