

Gutman Parents' Association  
**Invites You To Our**  
**9th Annual**  
**Runny Nose 5K Run/1 Mile Walk**  
**March 24, 2019**  
**Lorimer Park, Abington, PA**

**Schedule:**

**8:30am** Registration (at Lorimer Park in the main parking lot)  
**9:30am** 5K Run (**New Start Time!**)  
**9:40am** 1 Mile Walk  
**10:30am** Awards and celebration  
**10:45am** Kids 75 Yard Dash (all finishers receive a ribbon)

**Registration:**

Register at [www.pretzelcitysports.com](http://www.pretzelcitysports.com) or by mail (see back for details)

**Entry Fees:**

**\$15** – Students up to and including age 18 (if pre-registered by 3/1/2019)

**\$20** – Adults (if pre-registered by 3/1/2019)

**\$25** – Students & Adults registered after 3/1 & day of race (walk-ups welcome!)

**FREE** – Kids under 12 for 75 yard dash (each child gets a ribbon)

**5K Run Age Groups**  
**(Male & Female)**

14 & Under, 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 (Male & Female) 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 \_\_\_\_

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**

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Mail Entry Forms to  
Scott Gill  
8102 Cedar 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](http://www.pretzelcitysports.com)  
(Online registration closes at midnight 3/20/2019;  
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](mailto:RunnyNose5K@gmail.com)



**Gutman**

**EARLY LEARNING CENTER**



**Mary Bert Gutman Early Learning Center**

## **Gutman Parents' Association 9th Annual Runny Nose 5K & 1 Mile Walk**

**Sunday, March 24, 2019**

**9:30am**

**Lorimer Park**

**Abington, PA**