



Perkiomen Watershed Conservancy presents...

March Meltdown 5k
@ Free Will Brewing Company
Sunday, March 24, 2019

~ Professional timing services by Pretzel City Sports of Reading, Pa. ~
Run proceeds benefit the Perkiomen Watershed Conservancy

WHO: Runners and Walkers of all ages. Runners and Walkers will both be timed utilizing the same course along the East Branch of the Perkiomen Creek in Perkasio, PA. Sponsorship donations are also encouraged. Sign up online at www.PerkiomenWatershed.org.

WHAT: The March Meltdown is a unique 5k that combines three great things... running, beer, and a great cause. The Meltdown begins and ends at Free Will Brewing Company in Perkasio, PA. Join us for this unique 5k race on the scenic trails in and around Perkasio and along the East Branch of the Perkiomen Creek. The Meltdown is open to runners and walkers of all ages, but you must be 21+ (with a valid ID) to get your free craft brew from Free Will Brewing Company.

WHERE: Participants may pre-register (application below or online) or register the day of the run. Registration takes place at Free Will Brewing Company beginning at 8:30 AM on Sunday, March 24. The Meltdown is capped at 200 runners, so register today! Volunteers will be on hand to assist you with registration. Award presentations will be made at Free Will Brewing Company following the Meltdown.

WHEN: Sunday, March 24, 2019
8:30 a.m. - Registration begins at Free Will Brewing Company
10:00 am - Run/Walk Begins
11:00 am - Awards Ceremony

HOW: To register, complete the form below and submit the registration fee of \$25 (no shirt) or \$32 (w/tech shirt) to the Perkiomen Watershed Conservancy. After March 10 (including race day) registration is \$30 (no shirt). Checks payable to the "Perkiomen Watershed Conservancy."

SWAG: Participants 21 and over receive a free craft beer from our friends at Free Will. Those 21 and under may choose a soft drink. Long-sleeve tech t-shirts will be available to those who choose the "with shirt" option at registration.

RESULTS: 1, 2 and 3 mile marked. Finish line and timing services provided by Pretzel City Sports. Race results submitted to Pretzel City Sports and posted at www.pretzelcitysports.com.

AWARDS: Awards presented to Overall Male and Female Champion. Awards presented to top three Male and top three Female finishers in each of the following age categories: 19 years and younger, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70 and up.

QUESTIONS: 610.287.9383 | rhanson@perkiomenwatershed.org

DIRECTIONS: Type in Free Will Brewing Co. Perkasio, PA.

SPONSORED BY:



Online registration at www.PerkiomenWatershed.org

REGISTRATION: Complete this portion. Detach and mail. Include \$25 (no shirt) or \$32 (w/tech shirt) registration fee through March 10. After March 10 and including race day, send \$30. Race capped at 200 participants. Online registration available at www.perkiomenwatershed.org.

Checks payable to Perkiomen Watershed Conservancy, or by Credit Card:

Visa/MC/Discover: Number _____ Exp. _____ CVC: _____

Select Registration Type: _____ No Shirt (\$25) _____ Tech Shirt (\$32)

(Please print)

First and Last Name _____ Phone _____

Address _____ City _____

State _____ Zip _____ E-mail address _____

Race Day Age _____ Male _____ Female _____

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to Perkiomen Watershed Conservancy, Free Will Brewing Company and Perkasio Borough and those in their employ, Bucks County, 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 or walking in this event including, but not limited to: falls; contact with other participants; vehicle traffic; the effects of the weather, including temperature or wind chill; and the condition of the road and or trail; 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 _____

(Parent or guardian's signature if under 18 years of age.)

T-shirt size (circle one)
XSmall
Small
Medium
Large
XLarge
XXLarge

Mail to: Perkiomen Watershed Conservancy, 1 Skippack Pike, Schwenksville, PA 19473
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