

## Information

- This is a family friendly race. Walkers and runners of all levels are welcome.
- The run will start and finish at Immanuel. The fast and flat course takes participants through Shillington and the Governor Mifflin campus.
- Immanuel will be open so runners and spectators have access to bathrooms.
- 5K Runner Awards will be provided by Nolde Forest Pottery.
- The Easter Bunny will start and lead the children on <1-mile Fun Run.
- For our participants safety no bicycles, scooters, roller blades or pets allowed in either race.



Follow us on facebook:

[www.facebook.com/iuccrisenrun/](http://www.facebook.com/iuccrisenrun/)

## Event proceeds benefit Immanuel's Mission Trip and Homeless Outreach Mission via Blankets of Hope.

Blankets of Hope's mission is to provide fleece blankets to homeless shelters, cancer patients & hospitals, veterans, children's homes and other organization that might have a need. Founded in 2011 by Marc Goldstein, Blankets of Hope has distributed over 33,305 blankets through generous corporate and individual donations and support. Every \$5 donated provides a plush 50"x 60" fleece blanket.

Every person deserves to  
feel Secure, to be Warm  
and to have **HOPE!**

Learn more at  
[www.blanketsofhopepa.org](http://www.blanketsofhopepa.org).



## Immanuel UCC presents the 6<sup>th</sup> Annual **RISE 'N Run 5K** & 1 Mile Fun Run

*Benefits:*

*Immanuel's Mission Trip and  
Homeless Outreach Mission via*



**Saturday, April 20, 2019**  
5K - 9am  
Fun Run with the Easter Bunny –  
approximately 9:45am

Immanuel United Church of Christ  
99 S. Waverly Street, Shillington

## EVENT DETAILS:

Saturday, April 20, 2019 at Immanuel UCC  
(next to Governor Mifflin High School)

99 S. Waverly St. Shillington, PA

**Parking:** Church Campus

## TIME:

8am – Registration & Packet Pick-Up

9am - 5K Run/Walk Start

approximately 9:45am - 1 Mile Fun Run

## REGISTRATION FEE:

If postmarked by 4/5/19, **\$25** with a  
guaranteed t-shirt.

**\$30** after 4/6/19 and through race day  
Fun Run **\$5**, no t-shirt

## NOLDE FOREST POTTERY AWARDS (5K Runners):

Immediately following the Fun Run  
Overall Top Male & Female plus:

14 & U: 3M,3F	15-19: 3M,3F
20-29: 3M,3F	30-39: 3M,3F
40-49: 3M,3F	50-59: 3M,3F
60+: 3M,3F	

**RESULTS:** [www.pretzelcitysports.com](http://www.pretzelcitysports.com)

**COURSE RECORD:** 16:52 (2014)

## CONTACT INFORMATION:

Jen Tinsman at 610-914-6506  
Church Office at 610-777-7107

## RISE 'N Run 5K PARTICIPANT REGISTRATION

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ ST: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Emergency  
Contact: \_\_\_\_\_

Emergency  
Phone: \_\_\_\_\_

Age (as of 4/20/19): \_\_\_\_\_

Gender: M  F

5K Run

5K Walk

Circle Shirt Size: S M L XL XXL None

Postmarked by 4/5/19: **\$25**

After 4/6/19: **\$30**

[ ] 1 Mile Fun Run: **\$5**

*Optional online registration at:*

[www.pretzelcitysports.com](http://www.pretzelcitysports.com)

(ends Wed 4/17, nominal service fee applies)

**Make Checks Payable to:** Immanuel UCC

**Mail Registration Form with payment to:**

IUCC RISE 'N Run 5K  
99 S. Waverly St.  
Shillington, PA 19607

## Liability Waiver

**Must be signed to participate in the  
RISE 'N Run 5K**

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 of 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 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, Immanuel UCC and any subcontractor's 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, 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:** \_\_\_\_\_

**Date** \_\_\_\_/\_\_\_\_/\_\_\_\_

(parent must sign if under 18)