

Greater Glenside Patriotic Association

8th Annual "Keep the Parade Running"

5K RUN & 1 Mile Fun Walk

In Memory of Mike Gillespie

Sat, April 13, 2019 - 8 AM - Glenside, PA



All Proceeds Benefit the Glenside July 4th Parade and Fireworks

www.glensideparade.com

LOCATION/REGISTRATION: Starts at the North Penn VFW in Glenside, 2519 Jenkintown Road, Glenside; Registration/number pickup at the VFW starting at 7:00 AM. 5K at 8:00 AM, 1 mile fun walk immediately following the start of the 5k.

PRE-RACE DAY PACKET PICK-UP: Thursday April 11th & Friday April 12th, 6-8pm in the North Penn VFW lobby.

COURSE: The 5K course will take two loops through scenic Glenside with a few rolling hills throughout to provide just enough of a challenge to satisfy every level of runner. Roads are closed for the race.

AMENITIES: Those who register by March 25th receive a "Keep the Parade Running" tech running t-shirt. There will be refreshments for finishers, indoor toilet facilities, ample parking, time clock at finish, instant results (provided by Pretzel City Sports) and awards (overall M/F winners and in 10 different age groups!) presented following the run. Awards will not be mailed. Additionally, the VFW bar and restaurant will be open for you and your family to celebrate your successful run. This event will be held rain or shine. No refunds.

ENTRY:

Online registration: www.signmeup.com/129196
or scan the following code:



Individuals

\$25 if postmarked by March 25th
\$30 from March 26th to race day

**Shirt Deadline
March 25th**

Group (5 Person Minimum)

\$20 per person
Groups may be any combination of runners/walkers
Use mail-in form or email 5k@glensideparade.com to request a code for online group registration.

Mail-in registration:

MAIL CHECK PAYABLE TO "GGPA" & FORM BELOW TO:
Keep the Parade Running,
C/O: Carol Gillespie,
354 Roberts Ave, Glenside, PA 19038-0072

Run Coordinators: Katie Dougherty, Carol Gillespie, and Melinda Hanford: 5k@glensideparade.com

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

Group Name: _____ Group Coordinator's Name: _____

Last name _____ First name _____

Address _____

City/State _____ Zip _____ Age on Race Day (or birthdate MMDDYYYY): _____

Race (circle one): 5K or Fun Walk Sex (circle one): M or F Phone: (____) _____ A.M. or P.M.

Shirt Size - (circle one): Men's: S M L XL XXL email _____
Women's: S M L XL

Emergency Contact Name: _____ Phone: (____) _____

Waiver and Release: the undersigned (over age 18) intending to be legally bound, do hereby waive and release all rights, claims, demands, and/or causes against Greater Glenside Patriotic Association, North Penn VFW of Glenside, Keep the Parade Running, and all other race sponsors for any personal injury which I might sustain during the race, immediately known to me or hereafter discovered and for any and all other damages or losses which I might incur now or in the future arising from or out of my participation in this race, and on my travel to and from this race. I verify that I am physically fit and have trained sufficiently. Permission is granted to use my photograph and name for any and all purposes.

Signature _____ Date ____/____/ 2019

Under 18 Guardian Signature _____ Date ____/____/ 2019