

**Saturday, September 29, 2018, ELVERSON (19520)**  
**Stoke the Furnace 5K Walk/Run 10 K Run**  
*Community Day- Food, Live Music, Craft Tables, and Fun*

**WEST NANTMEAL HISTORICAL COMMISSION**



*Run proceeds benefit the Restoration of Historic stone walls*

**WHO:** Runners and walkers of all ages. Gather your family, and friends. Registered walkers are invited to participate in the 5K using the same course.

**WHAT:** This clearly marked and accurate road course takes you by several ponds, along the gently flowing Perkins run, and past historic stone homes and walls.

The 10K continues on past the historic Isabella Furnace (with current wall restoration), across century old stone bridges crisscrossing the Brandywine, with rolling hills and picturesque views.

Both courses have a water station and are mostly shaded. 1, 2 and 3 mile marked; 4, 5, 6 - for the 10K.

**WHERE:** West Nantmeal Park 455 N. Manor Road, Elverson, PA  
*Follow Signs for run parking around corner to Bollinger Road.*

**WHEN:** Saturday, September 29, 2018

8:00 a.m. – Registration begins

9:00 a.m. – 5K/10K Event begins

**HOW:** 5K-10K entry fee-\$20 if registered by Sept.5<sup>th</sup>; includes T-shirt. \$25 after Sept. 5; T-shirt cost \$10.00

Complete form below; mail with check/money order to:

WNHC at PO Box 234 Elverson, PA 19520

Additional Registration Forms available at: Downingtown Running Co. and Giovanni's Pizza, Elverson. OR download form: westnantmeal.com or westnantmealhc.org.

Optional online regis available until 9/26 for additional fee at: <https://www.pretzelcitysports.com/online-registration/>

**FINISH LINE:** Finish line and timing service by Pretzel City Sports. Water and healthy snacks provided to runners. Race results submitted to local newspapers and at Pretzel City website.

**Award presentations to follow immediately upon completion of each race.** Medal will be presented to Overall Male and Female winners. Medal presented to top 3 Male and 3 Female finishers in each of the following age brackets: 18 years and under, 19-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70 + years

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**BRING YOUR FAMILY- COMMUNITY DAY WITH EXCITING EVENTS, FOOD, MUSIC 9:00-3:00**

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**REGISTRATION: Stoke the Furnace 5 K Walk/Run & 10 K run.** Complete this portion. Detach and mail. Include \$20 early registration fee before Sept.5. Late registration fee \$25. Stoke the Furnace t-shirts guaranteed to early registrants; Checks payable to WNHC

Select: 5K Run/Walk      10K Run

Name \_\_\_\_\_ Address \_\_\_\_\_

Phone \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail address \_\_\_\_\_ Age (on Race Day) \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

T-shirt size (circle one)

Adult S M L XL XXL

**WAIVER/RELEASE:** I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to West Nantmeal Township and Historical Commission 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 in this event including, but not limited to: falls; contact with other participants; the effects of the weather, including high heat and/or humidity; and the condition of the road; 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 X \_\_\_\_\_ Date \_\_\_\_\_

*(Parent or guardian's signature if less than 18 years of age.)*

**Please make checks payable to WNHC and mail to: PO Box 234, Elverson PA 19520**

**(610-286-9722 ext.# 17) ♦ [www.westnantmealhc.org](http://www.westnantmealhc.org)**