



**Sunday, September 16, 2018 – GLENSIDE PA 8:00AM Registration, 9:00AM Start Time**

**WHO:** Runners and walkers of all ages. Open to friends, families, teams and especially first responders! FREE BEER (for 21+) from Glenside Ale House and FREE BREAKFAST SANDWICHES from Humpty's Dumplings following the race.

**WHAT:** The GFC 5K is a fund raiser that benefits the all-volunteer Glenside Fire Company No. 1 in Glenside, Pennsylvania.

**WHERE:** Both the 5K run and the 1.5 mile walk/run will start and finish at the Glenside Fire Company Firehouse at 210 W. Glenside Avenue in Glenside. This is conveniently located across the street from the Glenside Train Station for anyone using public transportation. The run will take two loops through the scenic streets of Glenside. A few rolling hills throughout the course will provide just enough of a challenge to satisfy any level of runner. The 1.5 mile walk/run will follow the same course, but only complete one loop.

**WHEN:** Sunday, September 16th, 2018  
8:00 a.m. – Registration begins  
9:00 a.m.– 5K Run and 1.5 Mile Walk/Run begin  
10:00 a.m. – Award Presentation, Beer & Food at the Finish Line!

**DIRECTIONS:**

- Start/Finish is located at Glenside Fire Company – 210 W. Glenside Avenue, Glenside PA.
- Registration will be held on site at Fire Company property.

**QUESTIONS:** Email [5k@glensidefire.com](mailto:5k@glensidefire.com)

**HOW:** Online registration is preferred at [www.signmeup.com/GFC5K](http://www.signmeup.com/GFC5K). Additional details available at on Facebook - @GFC5K. Paper registration also available as outlined below – check/money order made payable to “Glenside Fire Company”.

**ENTRY FEE:** \$25 if registered by August 24<sup>th</sup> to receive a GFC5K T-shirt. The fee for entries received after August 24th, including Race Day, is \$30, T-shirts available while supplies last.

**AFTER THE RACE:** Come for the exercise, but stay for the fun!!! All race participants will be provided with a breakfast sandwich and/or fruit, along with plenty of water. Those who are of age (21+) and interested will be able to join us in our beer garden for complimentary beer from the Glenside Ale House. Entertainment and other amenities will be available and will be highlighted on our Facebook page (Facebook.com/GFC5K) as race day approaches.

Online Registration is PREFERRED at [www.signmeup.com/GFC5K](http://www.signmeup.com/GFC5K)

**5K AWARDS:** Medals will be presented to Overall Male and Female Champion. Medals presented to top three (3) Male and Female finishers in each of the following age brackets: 14 and under, 15-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years and 60+.

**RESULTS:** Finish line and timing service by Pretzel City Sports. Race Results posted on [www.pretzelcitysports.com](http://www.pretzelcitysports.com)

**REGISTRATION: Glenside Fire Company – Stop, Drop & Run 5K** Complete this portion. Detach and mail. Include \$25 early registration fee by August 24th. Late registration fee \$30. Checks payable to “Glenside Fire Company”.

Name \_\_\_\_\_ Address \_\_\_\_\_  
 City \_\_\_\_\_ *Please print* State \_\_\_\_\_ Zip \_\_\_\_\_ Age (on Race Day) \_\_\_\_\_  
 Gender: Male/Female Phone \_\_\_\_\_ E-mail address \_\_\_\_\_

T-shirt size (circle one)
Youth S M L
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 Glenside Fire Company, Cheltenham Township and those in their employ, Montgomery 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 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 “Glenside Fire Company” and mail to:  
Glenside Fire Company – 5K, 210 W. Glenside Avenue, Glenside, PA 19038**