

# 5<sup>th</sup> Annual "Walk to Live 5k"

## Norristown, PA

Sunday, October 21<sup>st</sup>, 2018

10:20AM 5K / 10:30AM Fun Walk

**WHO:** Runners of all ages. Gather your family, friends and co-workers.

**WHAT:** Our 5<sup>th</sup> annual "A Walk to Live 5K" will continue to raise money for The Megan Lynn Swan Memorial Fund, which is a nonprofit organization that will donate all proceeds to **The American Foundation for Suicide Prevention and The Megan Lynn Swan Scholarship at West Chester University.**

**WHERE:** The Norristown Farm Park  
2500 Upper Farm Road Norristown, PA 19403  
**\* Entrance to enter is at the intersection of West Germantown Pike and Barley Sheaf Drive. (Follow balloons down to pavilions)**

**WHEN:** Sunday, October 21<sup>st</sup>, 2018 \* Rain or Shine  
9:00 a.m. to 10:00 a.m. – Registration  
10:20 a.m. – 5K run begins  
10:30 a.m. – Fun walk (~1 mile)  
11:20 a.m. – Award presentation and raffles at pavilions

**HOW:** Recommended online registration is available at [www.pretzelcitysports.com](http://www.pretzelcitysports.com) or registrations can be mailed in using the portion below. T-shirt is guaranteed for all early registrations. For late registration, size requests will be honored to the best of our ability but size may be substituted.

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

**AWARDS:** Prizes will be awarded to the overall top male and female 5k runner. Prizes will also be awarded to the top three 5k runners in each age category. (14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59 and 60+)

**REMEMBER:** Pin your number to your shirt **FRONT** leaving the bottom portion unpinned so it can be removed as you cross the finish line. This is very important!

**Please make checks payable to The Megan Lynn Swan Memorial Fund and mail to  
2332 Chestnut Avenue Norristown, Pa 19403**

**(610) 639 9467 – [marissapalonicola@yahoo.com](mailto:marissapalonicola@yahoo.com)**

**REGISTRATION:** 5<sup>th</sup> Annual "Walk to Live 5k" Complete this portion. Detach and mail. Include 30\$ early registration fee through **October 7<sup>th</sup>, 2018.** After October 7<sup>th</sup>, late registration fee of 35\$. Checks payable to *The Megan Lynn Swan Memorial Fund.*

Select: 5k RUNNER / Fun WALKER (~1 mile)

Name \_\_\_\_\_ Address \_\_\_\_\_  
Phone \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
*Please print*

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

T-shirt size (circle one) Youth S M L Adult S M L XL XXL
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**WAIVER/RELEASE:** I hereby waive all claims against the race directors, race officials and volunteers, any and all sponsors, and any other party involved in the event including but not limited to The Norristown Farm Park. 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.)*