

CM35

Run for Courage

Spring Ford Homecoming Weekend

5K Run/Walk and 1 mile Fun Run/Walk Royersford, PA

Saturday, September 29, 2018

9:00AM 5K and 1 mile Walk

WHO: Runners of all ages. Walkers are also invited to participate using the same course. The Spring-Ford High School cross country course, which is on the high school grounds, will be used for this event.

WHAT: The Run for Courage 5k run/walk will benefit The Conor McKenna Foundation. Conor passed away in March 2011 at the age of 15 after a 19 month battle with a rare cancer. This foundation will provide a college scholarship award to a Spring-Ford High School student each year. The award winner will be a student who has showed tremendous courage and perseverance when faced with some adversity in their life.

WHERE: Spring-Ford High School, Royersford Pa. 350 South Lewis Road. Rear parking lot of 10-12 building.

WHEN: Saturday, September 29, 2018
7:30 a.m. – Registration begins
9:00 a.m. – 5K Run/walk begins
9:00 a.m. – 1 mile Walk/ Run begins
10:00 a.m. – Award presentation at finish line
**This is rain or shine event*

HOW: To register, complete the form below and submit a check/money order of \$20 to The Conor McKenna Foundation by September 26th, 2018 to be guaranteed a Run for Courage 5K t-shirt. The fee for entries received

after September 26th and Race Day, is \$25 while T-shirts last. Size requests will be honored to the best of our ability but size may be substituted. Optional online registration available at www.pretzelcitysports.com for a small nominal service fee. No Family rate online. Online registration closes September 26th., 2018

RESULTS: Finish line and timing service by Pretzel City Sports. Race results posted on www.pretzelcitysports.com

AWARDS: Trophy and \$25 gift card will be presented to Top Male and Female Finishers. Medals presented to top three (3) Male and three (3) Female runners 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, 60+ years.

DIRECTIONS:

- 422 Royersford exit. Take Township Line/ Main Street south to Lewis Road. Make left turn at light. High School is on left. Address: 350 South Lewis Road Royersford, PA 19468. Middle parking lot of high school

Donations: Any donations to the scholarship fund will be greatly appreciated. They also can be made to The Conor McKenna Foundation at the same address below.

REGISTRATION: Run for Courage 5K Complete this portion. Detach and mail. **Individual \$20.00. Family:** After 3 regular price family members (\$20each) then 1/2 off (\$10each other family member) **Please make checks payable to The Conor McKenna Foundation and mail to: 162 Buckwalter Road Royersford, PA 19468**

Circle Event **5K Run/Walk** **1 Mile Walk**

Name _____ Address _____
Please print
 Phone _____ City _____ State _____ Zip _____
 E-mail address _____ Age (on Race Day) _____ Male _____ Female _____

T-shirt size *(circle one)*
Youth S M L
Adult S M L XL XXL

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 for 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 affects of the 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, Conor McKenna Foundation and any subcontractors 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 of, 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 X _____ Date _____

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