Perkiomen Watershed Conservancy presents…

The Freeze-Up 5k
@ Free Will Brewing Company
Sunday, December 8, 2019

~ Professional timing services by Pretzel City Sports of Reading, Pa. ~
Run proceeds benefit the Perkiomen Watershed Conservancy

WHO: Runners and Walkers of all ages. Runners and Walkers will both be timed utilizing the same course along the East Branch of the Perkiomen Creek in Perkasie, PA. Sponsorship donations are also encouraged. Sign up online at www.PerkiomenWatershed.org.

WHAT: The Freeze-Up is a unique 5k that combines three great things… running, beer, and a great cause. The Freeze-Up begins and ends at Free Will Brewing Company in Perkasie, PA. Join us for this unique 5k race on the scenic trails in and around Perkasie and along the East Branch of the Perkiomen Creek. The Freeze-Up is open to runners and walkers of all ages, but you must be 21+ (with a valid ID) to get your free craft brew from Free Will Brewing Company.

WHERE: Participants may pre-register (application below or online) or register the day of the run. Registration takes place at Free Will Brewing Company beginning at 8:30 AM on Sunday, December 8. The Freeze-Up is capped at 250 runners, so register today! Volunteers will be on hand to assist you with parking and registration. Award presentations will be made at Free Will Brewing Company following the Freeze-Up.

WHEN: Sunday, December 8, 2019
8:30 a.m. – Registration begins at Free Will Brewing Company
10:00 am – Run/Walk Begins
11:00 pm – Awards Ceremony

HOW: To register, complete the form below and submit the registration fee of $29 to the Perkiomen Watershed Conservancy, if registered by November 22 shirt is guaranteed. After November 22 (including race day) registration is $35, shirts available while supplies last. Checks payable to the "Perkiomen Watershed Conservancy."

SWAG: All participants receive a long-sleeve t-shirt (if registered by November 22 and while supplies last) and those 21+ (with valid ID) receive a free craft beer from our friends at Free Will.

RESULTS: 1, 2 and 3 mile marked. Finish line and timing services provided by Pretzel City Sports. Race results submitted to Pretzel City Sports and posted at www.pretzelcitysports.com.

AWARDS: Awards presented to Overall Male and Female Champion. Awards presented to top three Male and top three Female finishers in each of the following age categories: 19 years and younger, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70 and up.

QUESTIONS: 610.287.9383 | rhanson@perkiomenwatershed.org

DIRECTIONS: Type in Free Will Brewing Co. Perkasie, PA.

SPONSORED BY:

Online registration at www.PerkiomenWatershed.org

REGISTRATION: Complete this portion. Detach and mail. Include $29 registration fee through November 22. After November 22 and including race day, send $35. Race capped at 250 participants.
Online registration available at www.perkiomenwatershed.org.

Checks payable to Perkiomen Watershed Conservancy, or by Credit Card:
Visa/MC/Discover: Number _____ Exp._____ CVC: ___

Select: RUNNER / WALKER

(Please print)
First and Last Name_____Phone _____

Address_____City_____

State _____ Zip _____ E-mail address_____

Race Day Age _____ Male____ Female_____

T-shirt size *(circle one)*
XSmall
Small
Medium
Large
XLarge
XXLarge

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to Perkiomen Watershed Conservancy, Free Will Brewing Company and Perkasie Borough and those in their employ, Bucks 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 or walking in this event including, but not limited to: falls; contact with other participants; vehicle traffic; the effects of the weather, including temperature or wind chill; and the condition of the road and or trail; 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_____ Date _____
(Parent or guardian's signature if under 18 years of age.)

Mail to: Perkiomen Watershed Conservancy, 1 Skippack Pike, Schwenksville, PA 19473
(610) 287-9383 ♦ rhanson@perkiomenwatershed.org