



**Norristown, PA Saturday, April 6, 2019 Start Times: Fun Run: 8:30/5K Race: 9:00**

**WHO:** Runners of all ages. Gather your family, friends and co-workers. **1 mile Fun Run** participants use the same course. The course is stroller and wheelchair accessible.

**WHAT:** *Pump It Up Pathway 5k Race and 1 Mile Fun Run* is a fundraiser to support The Pathway School and enhance student programs.

**WHERE:** Norristown Farm Park, 2500 Upper Farm Rd., Norristown, PA. To access Pavilion, where registration is held, use entrance off Germantown Pike, onto Upper Farm Rd. Follow Upper Farm Rd. past the Milk House and Visitor's Center. Park signage will direct you to the Pavilion. Parking is located at the Pavilion.

**WHEN:** Saturday, April 6, 2019  
7:30 a.m. - Registration begins  
8:30 a.m. - 1 mile Fun Run begins  
9:00 a.m. - 5K Race begins  
10:15 a.m. - Award presentation at finish line

**HOW: Early registration for the 5k & Fun Run:** complete the form below and submit a \$25 check/money order to Pretzel City Sports by midnight Mar. 13<sup>th</sup> guarantees a shirt in the size you ordered. After that date \$30.00 including day of race, shirts available while supply lasts. After Mar. 13<sup>th</sup> size requests will be honored to the best of our ability but size may be substituted.

**Online Registration Available at:**  
<https://www.pretzelcitysports.com/onlineform1.php?id=1257>  
(nominal service fee applies, closes at midnight April 3rd)

**RESULTS:** 1, 2 and 3 mile marked. Finish line and timing service by Pretzel City Sports. Race results posted on [www.pretzelcitysports.com](http://www.pretzelcitysports.com)

**5k AWARDS:** 1st, 2nd & 3rd Overall Male & Female plus 1st male & female in 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59 and 60 Plus. **1 Mile Fun Run:** All participants will receive a ribbon

**COURSE:**

- Located at 2500 Upper Farm Road in Norristown, PA
- <http://www.mapmyrun.com/routes/view/26872408>

**DESCRIPTION:** Slightly rolling terrain, around former farm lands. Restricted traffic within facility, very scenic.

**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!

**For questions please contact Louise Robertson at [lrobertson@pathwayschool.org](mailto:lrobertson@pathwayschool.org)**

- Light refreshments

**MAIL IN REGISTRATION: Pump It Up Pathway Fun Run!** Complete this portion. Detach and mail.

**5k Race & Fun Run** include \$25 early registration fee postmarked by midnight March 13th. After March 13<sup>st</sup> price will increase to \$30.00.

**Make check payable to Pretzel City Sports and mail with registration form to:**  
**Pretzel City Sports, 112 W. 36<sup>th</sup> St. Reading, PA 19606**

Select: 5k Race / 1 Mile Fun Run

Name \_\_\_\_\_ Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_  
E-mail address \_\_\_\_\_ Age (on Race Day) \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

T-shirt size (circle one) Youth L M S Adult S M L XL XXL
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**WAIVER/RELEASE:** I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to The Pathway School, East Norristown and West Norristown Townships and the Borough of Norristown, Montgomery County, Pennsylvania and those in their employ, 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.)*