



# BURNING FOR LEARNING

## 2K Walk, 5K/10K Race and Obstacle Run

FORT WASHINGTON, PA.

Sunday, April 28, 2019

10:00 AM 2K Walk 5K/10K Race  
10:30 Obstacle Run

**WHO:** Runners of all ages. Gather your family, friends and co-workers. Walkers are also invited to participate using the same course. The course is stroller and wheelchair accessible.

**WHAT:** All proceeds from this race benefit the Fort Washington Elementary School. Through the support of our sponsors and the running community, the Fort Washington Elementary School PTA will be able to provide educational, technological, and other resources to the students, teachers, and support staff of the school, thereby enriching the educational experiences of children and strengthening the community.

**WHERE:** Fort Washington Elementary School, 1010 Fort Washington Ave, Fort Washington, PA 19034. The 2K/5K/10K course will begin and finish at the school. Runners decide during the race if they want to do 5K or 10K. Mile markers are posted at 1, 2, 3, 4, 5 and 6 miles. The obstacle course will begin and finish in the overflow lot next to the school

**WHEN:** Sunday, April 28<sup>th</sup>, 2019  
8:30 a.m. – Registration begins  
10:00 a.m. – 2K Walk and 5K/10K Race begins  
10:30 a.m. – Fort Ninja Warrior Obstacle Challenge begins  
11:00 a.m. – Award presentation at finish line

**DIRECTIONS:**

- FWES is located on 1010 Fort Washington Avenue in Fort Washington, PA 19034.
- Registration will be located in the cafeteria
- <http://burningforlearning.com/race-details/>

**HOW:** To register, complete the form below & mail with appropriate payment. 5K/10K Fee: \$20.00 if registered by April 12<sup>th</sup> includes guaranteed B4L Tech shirt. After April 12<sup>th</sup>, and including Race Day. \$25 shirts available while supplies last. \$20 when shirt supply depleted. (You are also eligible to run the Obstacle course)

2K/Obstacle Run Fee: \$15.00 if registered by April 12<sup>th</sup> included guaranteed B4L Tech shirt. After April 12<sup>th</sup> and including Race Day \$20 shirts available while supplies last.

Shirt Size requests will be honored to the best of our ability but size may be substituted

Optional Online Registration available at  
<https://www.pretzelcitysports.com/online-registration/>

(Nominal service fee applies, closes at midnight, April 24<sup>th</sup>)

**5K and 10K AWARDS:** Awards to be given in each race. Trophy and Gift Certificate will be presented to Overall Male and Female Champion. Medals presented to top three (3) Male and three (3) 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, 60-69 years, 70+ years.

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

**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!

Race Questions (215) 900-4825 | [jfountai@gmail.com](mailto:jfountai@gmail.com) | [www.burningforlearning.com](http://www.burningforlearning.com)

**B4L 5K/10K** Complete this portion. Detach and mail. Include \$20 early registration fee by April 12th. \$25 after that date  
**B4L 2K/Obstacle Run** Complete this portion. Detach and mail. Include \$15 early registration fee by April 12th. \$20 after that date

Select: 5K/10K RUNNER 2K WALKER/OBSTACLE

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Male \_\_\_ Female \_\_\_ Age (on Race Day) \_\_\_\_\_ Date of Birth \_\_\_\_\_

Phone \_\_\_\_\_ E-mail address \_\_\_\_\_

T-Shirt Size (Circle one)

Youth L M S

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 FWES, FWES PTA, the Townships of Upper Dublin and those in their employ, the Counties of Montgomery, 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 FWES PTA

Mail to: Fort Washington Elem. School, 1010 Fort Washington Avenue, Fort Washington, PA 19034