

Maple Springs Dash and Splash 5K



Birdsboro ~ June 15th, 2019 ~ 9 a.m 5K Start.,

Location: Maple Springs Pool: 415 Chestnut St. Birdsboro, PA 19508

Registration: Registration Opens 8:00 Am. 5K Starts at 9:00 Rain or shine, no refunds or mailed awards

Entry: \$25 if postmarked by 6/1/19, \$30 afterwards, and day of race, Guaranteed shirt for registrations postmarked by June 1st, limited supply of shirts on race day.

Course: starting with a loop on the Daniel Boone High School property, then through the streets of Birdsboro (see Facebook for the course: "Maple Springs Pool")

Awards: Top male and female, plus...

12 & under: 3M, 3F 13-19: 3M, 3F 20-29: 3M, 3F 30-39 3M, 3F 40-49 3M, 3F 50-59 3M, 3F 60+ 3M, 3F

BONUS: After the run spend the day at the M.S. pool and swim FOR FREE ALL day.

PLUS...runners get 3 FREE Pancakes being served at the pool after the race. *upgrade to AYCE for a small fee*



Online registration available: www.pretzelcitysports.com

(nominal processing fee applies, closes at midnight the Wednesday of race week)

Make Checks payable to: Maple Springs Swimming Association Mail to: Race Director: Irene Ziemer 901 Colonial Dr. Birdsboro, PA 19508

Questions? Email: Ireneziemer1103@gmail.com

Last Name: _____ First name _____

Address _____ City _____ State _____ Zip _____

Sex: M F Race day age: _____ Date of Birth: ____/____/____ Shirt size: XS S M L XL

Phone: () _____ am or pm ****Runners under 18 years of age must have a parent present on race day**

Email: _____ Already get Run Update emails? ____yes____no

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 Maple Springs Swimming Association, any subcontractors & facilities 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. By entering this race, I am granting permission to Maple Springs Swimming Association to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

X _____ Date: _____

Signature (parent signature if runner is under 18)