



# GLOW RUN 5K

SATURDAY, AUGUST 17, 9:00pm

Sly Fox Brewery 331 Circle of Progress, Pottstown, PA

**Benefits Cradles to Crayons – providing everyday essentials to local children in need**

LOCATION/REGISTRATION: Starts at Sly Fox Brewery 331 Circle of Progress Drive, Pottstown PA  
Registration/number pickup at Sly Fox Brewery beginning at 8:00pm, race at 9 pm. Starts and Finishes at Sly Fox Brewery in Pottstown. Great for spectators! Results on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) the next day.

AWARDS: Awards for 1ST male & female plus top 3 M & F in 14 & Under, 15-19, 20 -29, 30-39, 40-44, 45-49, 50-54,55-59,60-69 and 70 and Over

ENTRY FEE: \$25 per race if postmarked on or before August 10<sup>th</sup>. Afterwards, including race day, \$30. If a Member of the Sly Fox Track Club, \$20 by pre reg date, \$25 afterwards. 1 FREE BEER each race for entries 21 and over. Time clock at finish, instant results. Rain or shine. No refunds or mailed awards.

**Sly Fox Track Club Membership is \$25 Annually. You will receive discounts on all of our races. Use contact info below to get information on how to join.**

**Optional Online Registration Available at [runsignup.com](http://runsignup.com)**

MAIL CHECK PAYABLE TO “Sly Fox Track Club” c/o Marilyn Eaton 1409 Juniper Street

Pottstown, PA 19464 484-744-9191/ Email: [Slyfoxtrackclub@yahoo.com](mailto:Slyfoxtrackclub@yahoo.com)

More info can be found at [www.slyfoxtrackclub.com](http://www.slyfoxtrackclub.com) Like us on Facebook for daily updates

.....Please Print Clearly.....

**Race Being Entered GLOW RUN**

**Last name** \_\_\_\_\_ **First name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City/State** \_\_\_\_\_ **Zip** \_\_\_\_\_ **Race day age: Date of birth** / /

**Sex: M F Phone: ( )** \_\_\_\_\_ **A.M. or P.M.??**

**email** \_\_\_\_\_ **@** \_\_\_\_\_

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, Sly Fox Brewery,SFTC 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** \_\_\_\_\_ **Date** / / 2019