



# 5K and 10K Run/Walk (Virtual)

More fun to run at night with our glow items!

## SAT/SUN, OCT 24-25, 2020

The Glow Run that you know and love has now become a virtual race in 2020!

Runners and walkers have from 6:30PM Sat, Oct 24 until 10:00PM on Sun, Oct 25, 2020 to run or walk the distance you registered for (5K or 10K) and email us that time by Monday at 7AM. This is based on an honor system. An easy way to measure a 5K (3.1 miles) or a 10K (6.2 miles) is with a running app on your phone or on a treadmill.

You will be able to pick up your glow items and cotton glow t-shirt in Honey Brook, PA (location TBD) on October 23 from 6-8pm. If you aren't able to pick up your items then, we will mail your items to you.

For the 1<sup>st</sup> place overall female and 1<sup>st</sup> place overall male of each event, you will receive our Ultimate Glow Prize, which is a cornucopia of glow items! Winners will be contacted to receive their awards post race.

**Ready, Set, GLOW!**

For any questions, please email [OneRunRace@oneruntogether.org](mailto:OneRunRace@oneruntogether.org)  
**RACE BENEFITS LOCAL  
CANCER PATIENTS**



## OCT 24-25

### Location:

Anywhere you can safely run or walk

### Shirt Due Date

Register online or mail in your app by Oct 10 to guarantee your glow shirt.

### ADULT 5K/10K REGISTRATION:

*(Ages 14 & up)*

You are guaranteed a T-shirt if you register by Oct 10. Limited supplies after Oct 10.

Now until Race Day (includes shirt).....\$25 (5K or 10K)

If you don't want a shirt or glow items...\$10 (5K or 10K)

### KIDS 5K REGISTRATION:

You are guaranteed a T-shirt if you register by Oct 10. Limited supplies after Oct 10.

Ages 5-13 (includes shirt).....\$15

### EXTRA GLOW SHIRTS (IF AVAILABLE):

Race T-shirt.....\$15

**TO ENTER:** Fill in the form below, **CUT OFF & MAIL** to: OneRunTogether, 135 Schoolhouse Lane, Coatesville PA 19320

**Make checks payable to "OneRunTogether Inc." OR REGISTER ONLINE:**

[www.oneruntogether.org/races](http://www.oneruntogether.org/races) or [www.pretzelcitysports.com](http://www.pretzelcitysports.com) – online registrations closes at 6pm on Sun, Oct 25

NAME & PHONE: \_\_\_\_\_

ADDRESS CITY/STATE/ZIP: \_\_\_\_\_

MALE  FEMALE Registering for:  5K Run/Walk (Kid, ages 5-13)  5K Run/Walk (Adult, ages 14+) Age on 10/24/2020: \_\_\_\_\_

I am unable to participate and/or would like to donate \$ \_\_\_\_\_

How did you hear about this event specifically? \_\_\_\_\_

T-Shirt (free for all registrants)  YM  YL  S  M  L  XL  2XL

Email Address (REQUIRED to get details for the race): \_\_\_\_\_

Emergency Contact (Name & Phone): \_\_\_\_\_

**Please make sure you have read and understand the Liability Disclaimer, and sign below. Your signature below provides consent to the terms of this disclaimer. All participants must sign or have a legal guardian sign in order to participate. The Ready, Set, GLOW! 5K/10K Waiver & Release: I know that running a race or doing a walk is a potentially hazardous activity which could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform in this event, and I am in good health, and I am properly trained. I assume all risks associated with running in this event. I for myself and anyone entitled to act on my behalf waive and release and will not sue OneRunTogether, Inc., Honeybrook Golf Club, Pretzel City Sports, any employee participating in the race, all volunteers, all vendors, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to use my photograph, email address, motion pictures, recordings or any other record of this event for legitimate purposes. I understand that this race is rain or shine and it is not refundable.**

Signature (if under 18, signature of parent or guardian): \_\_\_\_\_ Date \_\_\_\_\_