



Sunday, September 22, 2019 – GLENSIDE PA

8:00AM Registration, 9:00AM Start Time

WHO: Runners and walkers of all ages. Open to friends, families, teams and especially first responders! FREE BEER (for 21+) from Glenside Ale House and FREE BREAKFAST SANDWICHES from Humpty's Dumplings following the race.

QUESTIONS: Email 5k@glensidefire.com

WHAT: The GFC 5K is a fund raiser that benefits the all-volunteer Glenside Fire Company No. 1 in Glenside, Pennsylvania.

HOW: Register online at www.signmeup.com/GFC5K. Additional details available at on Facebook - @GFC5K. Paper registration also available as outlined below – check/money order made payable to “Glenside Fire Company”.

WHERE: Both the 5K run and the 1.5 mile walk/run will start and finish at the Glenside Fire Company Firehouse at 210 W. Glenside Avenue in Glenside. This is conveniently located across the street from the Glenside Train Station for anyone using public transportation. The run will take two loops through the scenic streets of Glenside. A few rolling hills throughout the course will provide just enough of a challenge to satisfy any level of runner. The 1.5 mile walk/run will follow the same course, but only complete one loop.

ENTRY FEE: \$30 if registered by August 31st to receive a GFC5K T-shirt. The fee for entries received after August 31st, including Race Day, is \$35. T-shirts available while supplies last.

WHEN: Sunday, September 22nd, 2019
8:00 a.m. – Registration begins
9:00 a.m.– 5K Run and 1.5 Mile Walk/Run begin
10:00 a.m. – Award Presentation, Beer & Food at the Finish Line!

AFTER THE RACE: Come for the exercise, but stay for the fun!!! All race participants will be provided with a breakfast sandwich and/or fruit, along with plenty of water. Those who are of age (21+) and interested will be able to join us in our beer garden for complimentary beer from the Glenside Ale House. Entertainment and other amenities will be available and will be highlighted on our Facebook page (Facebook.com/GFC5K) as race day approaches.

- DIRECTIONS:**
- Start/Finish is located at Glenside Fire Company – 210 W. Glenside Avenue, Glenside PA.
 - Registration will be held on site at Fire Company property.

Online Registration is PREFERRED at www.signmeup.com/GFC5K

5K AWARDS: Medals will be presented to Overall Male and Female Champion. Medals presented to top three (3) Male and 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 and 60+.

RESULTS: Finish line and timing service by Pretzel City Sports. Race Results posted on www.pretzelcitysports.com

REGISTRATION: Glenside Fire Company – Stop, Drop & Run 5K Complete this portion. Detach and mail. Include \$30 (or \$35 if after 8/31/19) registration fee. Checks payable to “Glenside Fire Company”.

Name _____ Address _____
City _____ *Please print* State _____ Zip _____ Age (on Race Day) _____
Gender: Male/Female Phone _____ E-mail address _____

T-shirt size (circle one)
Youth S M L
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 Glenside Fire Company, Cheltenham Township and those in their employ, Montgomery County, 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 “Glenside Fire Company” and mail to:
Glenside Fire Company – 5K, 210 W. Glenside Avenue, Glenside, PA 19038**