

**SPRING
FIELD
TOWNSHIP
COMMUNITY
DAY**

5K

**1 MILE
FUN RUN**

Sunday October 6th, 2019 CISCO PARK

199 Montgomery Avenue Erdenheim PA 19038

5K starts at 9am 1 Mile Fun Run to follow*

** approx. 9:40am*

The race starts at Cisco Park, winds its way through the lovely streets of Erdenheim and finishes back at the Park. Stay for the fun at Springfield Township Community Day with FREE food, entertainment, activities for all ages – immediately following the race from 10am – 1 pm. Parking info will be provided to race entrants via email closer to the race.

5K: \$25 until Sept 20 / \$30 Day of Race
1 MI: \$15 until Sept 20 / \$20 Day of Race

Race day registration begins at **8am**

1st place overall Male and Female \$100 Cash Prize
 1st place overall Male and Female Masters \$50 cash prize
 Age groups awards:

10 and under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Register online at www.erdenheimcivic.org/5k or www.pretzelcitysports.com

(closes midnight, Oct 2, nominal service fee applies)

or send registration & payment to:

ECA c/o Shannon Ferguson 9 McCloskey Rd Flourtown PA 19031

Make checks payable to Springfield Township Community Day Fund

For more info email us at info@erdenheimcivic.org / kerry 205.301.9117

Race timed by Pretzel City Sports - Results available within 24hr

<https://www.pretzelcitysports.com>

PROCEEDS BENEFIT THE SPRINGFIELD TOWNSHIP COMMUNITY DAY FUND & ERDENHEIM CIVIC ASSOCIATION

REGISTRATION FORM

FIRST NAME: _____ LAST NAME: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

SEX: M F AGE ON RACE DAY: _____ D.O.B.: ____ / ____ / ____ SHIRT SIZE (circle one): Youth - YS YM
 Ladies (vneck)- LS LM LL LXL Unisex - S M L XL XXL

EMAIL: _____ PHONE NUMBER: _____

SELECT EVENT

5K:

1 MI:

WAIVER/RELEASE: I, individually and on behalf of my minor child(ren), hereby acknowledge and understand that participation in the Springfield Township 5K run/walk or Fun Run is a potentially dangerous activity. I recognize that I should not enter & participate unless I am medically able & properly trained. I agree to abide by the decision of any event official relative to my ability to safely complete the course. I assume all risks associated with my participation in the event for which I am entering, including but not limited to falls; contact with other participants; effects of any adverse weather conditions; including but not limited to: heat, cold, ice & humidity; traffic & road conditions, all of the above being known & appreciated by me.

Having read & fully understood this waiver, knowing these facts and in consideration of acceptance of this application, I for myself and anyone entitled to act on my behalf, waive & release, Erdenheim Civic Association & Springfield Twp Community Day Committee, its board and volunteers, and Springfield Township, Montgomery County, all sponsors, their representatives, agents, successors & assigns from all claims or liabilities of any kind arising from my participation in this event even though that liability might arise out of negligence or carelessness on the part of persons named in this waiver. I grant permission from all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event or my likeness for any legitimate purpose. The run is rain or shine and there will be no refunds.

SIGNATURE: _____ DATE: ____ / ____ / ____

(Parent or Guardian Signature for participants under 18 yrs)