



Citizens Assist 5K/5 Mile Virtual Run or Walk

**When:** November 6 ~ 7 a.m. to November 8 ~ 7 p.m. 2020  
**Location:** Virtual ~ Any course you chose to complete your 5K/5M Run/Walk (pet & kid friendly)

**Awards:** Overall winners Male/Female in 5K & 5M  
5K: Male and Female winners in 14 & under; 15-19 yr.; 20-40 yr.; 40 & up  
5M: 2nd & 3rd places Males and Females

**Entry:** \$30.00 per runner for either distance - Includes a T-Shirt, medal and bib (postmarked by Friday 10/30/20 to guarantee shirt) Includes a T-Shirt, medal and bib.  
\$25.00 per runner for 5K and 5 Mile Run **Family/Group Rate** of 4 or more runners. To get the group rate, registration must be submitted by check *through the mail*.

*Checks must be made out to YFS of the UPV with Virtual 5K in the memo.*

Online registration closes 5:30PM - 11/8/20 (Race Bags with shirt and bibs will be given out **Contact Free** 11/5/20) Submit times via email to Erin Sweed by 9PM 11/8/20 to be eligible for awards consideration (We encourage you to send any fun pics you have!)

**Optional Registration: pretzelcitysports.com (Go to CALENDAR/APPS/ONLINE REG and scroll to Citizens Assist 5K/5M Virtual Run. (Nominal service fee applies, closes 5:30PM November 8th)**

Questions? [erin91278@yahoo.com](mailto:erin91278@yahoo.com) Cell: 215-290-3684

More info: [projectliveup.org](http://projectliveup.org), FB-Project LIVE, Instagram -projectlive\_upperperk

**Benefits:** Project Live UP (a community anti-drug task force), Upper Perk PD, East Greenville PD, Marlborough PD, UPV Ambulance Association & The Open Link.

Entry Form

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Sex: M F

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_ Race Day Age: \_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Shirt Size: S M L XL XXL

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

**Waiver:** I know running a road race is a potentially hazardous activity. I should not enter or run unless I am medically able & properly trained. I also know that there will be traffic, hazards, debris, and poor footing on the course and assume the risk of running on it. I also assume any or all other risks associated with running or attending the race included but not limited to falls, contact with other participants, the effects of weather, the conditions of the roads and getting lost, all such risks being known and appreciated by me. Knowing these facts, and in considerations of you accepting my 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 Project Live, all owners of the properties on which the race is run or held, all municipalities in which the event is held, the race committee, the volunteers, all other organizations directly or indirectly associated with the race, any or all sponsors including their agents, employees, assigns or anyone acting 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 or nature whatsoever arising out of unforeseen, known or unknown. By entering the race, I am granting permission to all parties affiliated with the race to use any pictures or likenesses of me secured at the event in any way they see fit without review or restriction or compensation. **I HAVE READ AND UNDERSTAND THIS WAIVER:**

SIGNATURE \_\_\_\_\_ DATE: \_\_\_\_\_

Signature of parent or guardian (if participant is under 18) \_\_\_\_\_

Race Entry Enclosed \$ \_\_\_\_\_ Mail to: UPVCC, 300 Main St., E. Greenville, PA 18041

