



# Falcon 5K & Mile Fun Run/Walk

## Friday, October 18, 2019

**Location:** West Fallowfield Christian School, 795 Fallowfield Road, Atglen, Pennsylvania

**Schedule of Events:**

4:00 – registration begins at school  
5:00 p.m. - Fun Run/Walk Begins  
5:20 p.m. - 5K Run/Walk Begins  
6:30 p.m. - Awards Ceremony

\*Refreshments and awards post-race. **Cash awards for top overall male and female 5K runners and medals for top three male and female winners of the following age groups: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+**  
No refunds or mailed awards.

**Entry Fees:** 5K: \$25 if registered by Oct. 1; \$30 after that date and including race day  
1 Mile Fun Run/Walk: \$10 if registered by Oct. 1; \$15 after that date and including race day  
**Registration fee for 5K and/or Fun Run guarantees T-shirt if registered by October first; after that, shirts are available while the supply lasts. All pre-registered 5K runners will receive a complimentary Chick-fil-A sandwich. Fun Runners and/or guests may purchase sandwiches at the pre-ordered sale cost of \$4/sandwich. There will be a very limited supply of sandwiches to be purchased race day, at an increased cost.**

\*Please, no pets!

Please contact our race director, Janice McIntyre, with questions: [jmcintyre@wfcs.org](mailto:jmcintyre@wfcs.org) (610) 864-7808

**Optional Online Registration Available at:** [www.pretzelcitysports.com](http://www.pretzelcitysports.com)  
(nominal service fee applies; online registration closes midnight 10/16/19)

**\*Please see the back of this sheet for course descriptions**

---

**Registration and Payment**

Circle Race(s) of Choice:                      5K Run/Walk                      Fun Run/Walk

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

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age on race day: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Age Division for 5K (circle one)  
14 and under    15-19    20-29    30-39    40-49    50-59    60-69    70+

T-Shirt Size (circle one)  
**Youth:** Sm    Med    Lg                      **Adult:** Sm    Med    Lg    XL

COST OF ALL REGISTERED RACES: \_\_\_\_\_  
Number of ADDITIONAL sandwiches for pre-order: \_\_\_\_\_ x \$4 = \_\_\_\_\_ (sandwich total)  
**GRAND TOTAL DUE:** \_\_\_\_\_

**Checks made out to: "The Academy at WFCS"**

**Drop off or mail to: West Fallowfield Christian School, P.O. Box 279, Atglen, PA 19310 ATTN: 5K**

**Waiver:** I understand that there are inherent risks involved in this type of activity. I assume all risks associated with running or walking this event for myself. Having read this waiver and knowing these facts, and in consideration of your accepting my entry fee, I myself, and anyone entitled to act on my behalf, waive and release West Fallowfield Christian School, along with any event sponsors and organizers, and any other entities involved in this event, from all claims or liabilities of any kind arising out of my participation in this event.

\_\_\_\_\_  
Participant Signature (parent/guardian if participant under 18)

\_\_\_\_\_  
Date

## **Course Descriptions**

**5K:** This out-and-back road race, which begins and ends at the school, takes runners through the scenic rural countryside. The course, which will be monitored by police and ambulance crews, includes two gentle rolling hills. There will be two water stops provided near the first and second mile markers.

**Fun Run/Walk:** This one-mile run/walk takes place on a grass course entirely on campus. This is a family-friendly event, and all ages are welcome to participate! Strollers compatible with a grass course are welcome.

---

*The proceeds from this event will help support The Academy, a high school program at West Fallowfield Christian School. Currently in its third year, this college-style program strives to provide a quality education in a Christ-centered environment.*

**A special thank you to our race sponsors:**