

The Women's Center of Montgomery County Presents the 15th Annual

“Unmask the Domestic Abuse”

5k Run & 3k Walk

Sunday, Oct 20, 2019 @ 9:00 A.M

LOCATION: Montgomery County Community College, 1338 Morris Road & RT 202 in Blue Bell, PA. 19422
Registration &/ number pickup opens at 8:00 a.m. 5k starts at 9:00 a.m., 3k Walk starts at 9:05

COURSE: FLAT, FAST wheel measured course on parking lot around campus. GREAT place to PR!
Clock at finish, refreshments, mile splits, instant results. Rain or shine. No refunds or mailed awards.

AWARDS: 5K: Awards & Gift Cards 1st, 2nd & 3rd place male and female

AWARDS: Best Adult & Best Child's Costume (under 12)

EJZ Entertainment * FREE face painting by Tania Tardif * 3 Raffle Baskets

Water, pretzels and water ice will be available for FREE

ALSO: HALLOWEEN HELPERS will be at the event to collect gently used children's Halloween costumes

ENTRY: 5k: \$20 if postmarked by Tues, Oct 15, 2019 or online registration by Friday, Oct. 18 at www.wcmontco.org.
Afterwards, incl. race day, \$25 fee. Children 12 & Under Free for both events (registration form & waiver must be filled out).

Register Online at www.wcmontco.org

Optional Online Registration available at www.pretzelcitysports.com

(Nominal processing fee applies, closes at midnight, the Wed. Oct.16th of race week)

DIRECTIONS FROM PHILA. EAST OF BLUE BELL: Take I76 east toward Valley Forge/King of Prussia. Take Exit 331B towards Plymouth Meeting. Take Exit 20 Plymouth Road towards I276 W Harrisburg/PA Turnpike W. Keep right to take Germantown Pike W ramp toward I276 W. Merge onto W Germantown Pike. Turn right onto DeKalb Pike/US-202N. Turn right on to Morris Road. College should be on your right.

DIRECTIONS FOR ALL OTHERS: Take PA-63 E toward Lansdale. Turn left onto Sumneytown Pike/PA-63. Turn right onto S Valley Forge Rd/PA-363. Turn left onto Morris Road. College should be on right at the intersection of RT202 and Morris Road. Continue on Morris Road to the parking lot.

RACE DIRECTOR: Pat Metzger, 215-635-7340 or email me at pmetzger13@comcast.net more info at www.wcmontco.org

MAKE CHECK PAYABLE TO “WOMEN’S CENTER OF MONTGOMERY COUNTY”

MAIL CHECK& FORM BELOW TO: Maria Macaluso, 8080 Old York Road, Suite 200, Elkins Park, PA, 19027.

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Circle one: 5K 3K Sex: M F Race day age: _____ Date of birth ____/____/____

Phone: (____) _____ A.M. or P.M.??
circle one or both

Email: (print clearly) _____

Already getting Pretzel City emails regularly? Yes ___ No ___ **WAIVER:** I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be traffic on the course and assume the risk for running in traffic. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the affects of the weather and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry 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 Pretzel City Sports, Women's Center of Montgomery County, any subcontractors it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for 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 of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to Pretzel City Sports to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____

date ____/____/ 20__