

Old York Road Temple-Beth Am presents The 3rd Annual

Get the Leavened Out 5k and The Meshugenah Mile Fun Run/Walk Sunday, April 5, 2020, 10:00 a.m.



Come run or walk your chametz off in scenic Alverthorpe Park. New for this year is The Meshugenah Mile, a more or less 2.5k fun run/walk. Join us also in helping to combat hunger in our communities by bringing a nonperishable food item or donation for the Inter-Faith Food Cupboard in Abington.

LOCATION: Alverthorpe Park. Jenkintown Road & Forrest Avenue, Jenkintown, PA. Parking will be available in the park's lot on Fox Chase Road. Alternate parking can be found at the park's main entrance on Forrest Avenue. Registration, located at the picnic pavilion close to Fox Chase Road, opens at 9:00 a.m. Start is at 10:00 a.m.

COURSE: 5k is mildly hilly two loop paved path or be a meshugenah and go one loop in the opposite direction.

AWARDS FOR 5K: Overall male and female winners plus:

Top 3 male & Top 3 female awards for each age category: 13 & under, 14-19, 20-29, 30-39, 40-49, 50-59, 60+ Runners, joggers, walkers, saunterers, rambles, strollers, are all welcome to participate, but please leave your pets home. Awards will be announced after the race. Overall winners are not eligible for age group award.

ENTRY FOR 5K & Fun Run/Walk: Early registration until March 13, 2020: Adults \$25, Children 12 and under \$15 After March 13, 2020, including race day: Adults \$30, Children \$20
12 and under must be accompanied by a participating parent or guardian.

AMENITIES: Regular short sleeve T-shirt to all pre-entries & race-day entries while supplies last. Registration must be received by March 13, 2020 to guarantee a shirt. Professional timing and results by Pretzel City Sports. Clock at finish, refreshments, instant results. Rain or shine. No refunds or mailed awards.

**Online registration available on www.pretzelcitysports.com/online-registration/
(Nominal processing fee applies, closes at midnight, Wednesday, April 1, 2020)**

OR MAIL BELOW FORM & CHECK PAYABLE TO "Old York Road Temple - Beth Am"

TO: Old York Road Temple - Beth Am, Attn: Ways and Means, 971 Old York Rd., Abington, PA 19001

Race Directors: David Lieberman, 215-260-6851, Josh Posnan, 267-847-1471, waysandmeans@oyrtbetham.org

Last name: _____ First name: _____

Address: _____ City: _____ State: _____ Zip: _____

Sex (circle): M F Race day age: _____ Date of birth: ____/____/____

Shirt Size (circle): S M L XL Phone: (____) _____ A.M. or P.M.??
circle one or both

Event Select (circle): 5k Fun Run/Walk Email: (print clearly) _____

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 Old York Road Temple - Beth Am, Pretzel City Sports, 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 Old York Road Temple - Beth Am 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 ____/____/ 2020