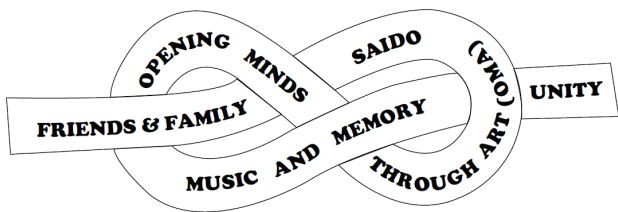


5TH ANNUAL
**FORGET ME KNOT 5K
 & 1 MILE WALK**



Our 2020 Forget Me Knot Event will support Foulkeways ongoing commitment to enhance the lives of those with cognitive challenges. Your participation will help fund continued outreach with Music and Memory, as well as two new programs ~ Opening Minds Through Art and SAIDO Learning.

Online Registration available at:

<https://www.pretzelcitysports.com/onlineform1.php?id=1134>

Or mail entry to: Foulkeways at Gwynedd
 Forget Me Knot 5K/Walk
 1120 Meetinghouse Rd, Gwynedd, PA 19436
 Make checks payable to *Foulkeways at Gwynedd*
 and memo *Forget Me Knot*

Forget Me Knot 5K and 1 Mile Walk

Foulkeways at Gwynedd

Saturday, May 2, 2020

5K starts at 9 a.m. Walk starts at 9:05 a.m.

*On the grounds of Foulkeways at Gwynedd
 1120 Meetinghouse Road, Gwynedd PA 19436*

Registration: \$20 Adult \$10 16 and under

If registered by April 17th, you will receive a Long Sleeve **Forget Me Knot** Tech shirt!
Event limited to 200 participants.

*After April 17th: \$25 for adults; \$15 for 16 and under
 and shirts available while supplies last*

Awards:

1st Overall Male & Female, plus top 3 Male & Female in Age Groups: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89 and 90+

Questions? Call 215-283-7069
 or email sues@foulkeways.org

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Race day age ____ Date of birth ____/____/____ Shirt size (circle) Youth L Adult S M L XL XXL XXXL

Phone (____) _____ - _____ Email _____

Distance: 5K Runner 5K Walker One Mile Walk

WAIVER: I know that walking/running a trail run is a potentially hazardous activity. I should not enter or run unless I am medically able and 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 walking/running to attending the race including but not limited to falls, contact with other participants, the effect of the weather, the conditions of the roads and getting lost, all such risks being known and appreciated by me. Knowing these facts, and in consideration of you 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 owners of the properties on which the race is run or held, the race committee, volunteers, all other organizations directly or indirectly associated with the race and or all claims or liability for death, personal injury or property unknown. By entering this race, I am granting permission to Foulkeways at Gwynedd to use any pictures or likeness 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: _____