



# If You Build It, They Will Run Virtual 5k Run/Walk

**When: Friday, August 7, 2020 7:00AM through Sunday, August 16, 2020 7:00PM**

**WHERE:** Anywhere you want!! In your neighborhood, on a hiking trail, at the local track, on the beach, you can even use a treadmill. Not a runner, pick a sunny day for a nice relaxing walk to enjoy nature.

**COURSE/RESULTS:** Anything you create!! 5K = 3.12 miles. For those running, 3.12 miles = 12.5 laps around your local track. For those walking 3.12 miles = approximately 4,200 steps. You can go to USA Track & Field's website, click on MapIt and create your own 5K course in your neighborhood, then go out run or walk the course you want. If submitting your time, complete 3.12 miles (5K), record your time (even send us a picture of your watch face, and you too!!) You must submit your time by Hour:Minute:Sec. Be sure to include your Full Name, City & State. Email your race result info to: [crubbo@comcast.net](mailto:crubbo@comcast.net) no later than Sunday August 16 at 8:00 PM to have your effort be included in the final Virtual Race Results. Results will be posted to Pretzelcitysports.com by the end of the first workday following the race.

**ENTRY FEE:** Post marked by **July 31:** \$30 with t-shirt; \$20 without t-shirt; **After July 31:** \$35 with t-shirt; \$25 without t-shirt. And don't forget to grab an extra one-of-a-kind t-shirt for a friend – \$20

**WHY:** Because you can!!! All proceeds benefit Happy 2 be Home – [www.happy2behome.org](http://www.happy2behome.org). H2bH is a local faith-based 501(c) 3 non-profit corporation that helps local families provide a suitable home environment for children with chronic long-term multiple disabilities to enhance their quality of life. 98% of all money raised goes directly to projects that allow these handicapped children to live at home safely. Due to the Covid pandemic and the restrictions placed on all, it has made it difficult to raise funding for current projects. Proceeds from this race will directly go to help offset the costs of a bathroom modification, a wheelchair lift, and a bedroom conversion to name a few.

**HOW:** Complete the form below and submit appropriate amount by check/money order payable to Happy 2 be Home.

Online Registration Available at <https://www.pretzelcitysports.com/online-registration/> (Nominal service fee applies, closes 5:00 pm August. 16th)

**\*\* All t-shirts will be mailed to registered participants who request a shirt(s) after August 16. Guaranteed size if post marked by July 31. After July 31, size may be substituted based on availability.**

**REGISTRATION: If You Build It, They Will Run Virtual 5k Run/Walk** Complete this portion. Detach and mail. Post marked by July 31 include \$30 race with shirt; \$20 race only (no shirt); \$20 t-shirt only; or any combination. After July 31 include \$35 race with shirt, \$25 race only (no shirt) \$20 t-shirt only; or any combination. Checks/Money orders payable to Happy 2 be Home.

Name \_\_\_\_\_ Address \_\_\_\_\_  
Please print

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Age (on Race Day) \_\_\_\_\_

Gender: (circle one) Male Female    Event: (circle one) 5k Runner 5k Walker    Shirt Style: (circle one): Male Female

Phone \_\_\_\_\_ E-mail address \_\_\_\_\_

T-shirt sizes(s)
Youth S M L
Adult S M L XL XXL

**WAIVER:** I know that running/walking a virtual race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I also know that there could be traffic on the course and assume the risk for running/walking in traffic. I also assume any or all other risks associated with running/walking or attending the race including but not limited to falls, contact with other participants, the effects 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 Happy 2 be Home, 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 whatsoever, foreseen, or unforeseen, known, or unknown. By entering this race, I am granting permission to Happy 2 be Home and 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 X** \_\_\_\_\_ Date \_\_\_\_\_  
(Parent or guardian's signature if less than 18 years of age.)

**Please make checks payable to Happy 2 be Home  
Mail to: H2bH c/o Cathie Rubbo 1900 Detweiler Road, Pottstown PA 19464**