

**Fun note!**

**At our 5K & 1 Mile Fun Run  
Costumes are encouraged!**



We hope you take time to enjoy our fun fall activities with your family:

- ❖ Raffles
- ❖ Music
- ❖ Food



Proceeds will go to our Indian Valley Wellness and Group Exercise Annual Fund which helps provide financial assistance programs for youth, teens, senior and families in our community.

**INDIAN VALLEY FAMILY YMCA**  
890 Maple Ave.  
Harleysville, PA 19438  
215-723-3569

Race questions, please contact:  
[wendym@northpennymca.org](mailto:wendym@northpennymca.org)

**Many thanks to all our sponsors for their generous support to help us build strong kids, strong families, and strong communities!**



**Sunday | October 16, 2022**

**INDIAN VALLEY FAMILY YMCA**  
890 Maple Ave.  
Harleysville, PA 19438

**5K Race/Walk @ 9:00 AM**  
**1 Mile Fun Run/Walk @ 10 AM**

**\*Sign-in/registration|8:00 AM**

## 5K Prizes to be awarded:

- \* For the overall male and female winners
- \* For top three male and Female finishers in each age group:

### AGE CATEGORIES

13 and under

14-19                  20-29

30-39                  40-49

50-59                  60-64

65+

## 1 Mile Run/Walk Awards:

- \* For top three Male and Female finishers

## Online Registration Available at:



[www.pretzelcitysports.com](http://www.pretzelcitysports.com)

Registration closes at midnight, October 10<sup>th</sup>

Nominal service fee applies.

## Registration Form for 5K and/or 1 Mile Run/Walk

T-shirts given to first 50 pre-registered (postmarked or hand delivered) on or before October 2<sup>nd</sup>. After that day, Monster Dash shirts available while supplies last.

Fill out completely, please print:

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Age as of October 15<sup>th</sup>: \_\_\_\_\_  
Email: \_\_\_\_\_ Male / Female (Circle One)

T-shirt Size: (Adult) S M L XL (Child) S M L

Please indicate events you wish to register for below:

Pre-registration fee (if registered by Oct. 2<sup>nd</sup>) race t-shirt guaranteed.

\_\_\_ \$15 1 Mile Fun Run/Walk, Individual  
\_\_\_ \$30 5K Race, Individual  
\_\_\_ \$\_\_\_ Monetary Donation to Indian Valley Family YMCA

Registration fee (after Oct. 2<sup>nd</sup>) race t-shirt included while supplies last.

\_\_\_ \$20 1 Mile Fun Run/Walk, Individual  
\_\_\_ \$35 5K Race, Individual  
\_\_\_ \$\_\_\_ Monetary Donation to Indian Valley Family YMCA

Please make sure you read and understand the following LIABILITY DISCLAIMER, and sign below. Your signature provides consent to the terms of this disclaimer. All participants must sign or have legal guardian sign in order to participate in the events.

The Indian Valley Family YMCA 5K Race and 1 Mile Fun Run involves running and walking activities, which may include risks such as but not limited to: falls, interaction with other participants, effects of weather, traffic, and conditions of the road and course. In consideration of being allowed to participate in this event, the participant hereby expressly assumes all risks, including personal injury, death, or property damage, arising in any way out of participation in the aforementioned events and any and all related activities. The participant agrees for him/herself, executors, and administrators to not sue and to release, indemnify, and hold harmless, the Township of Lower Salford, Franconia Township, Souderton Area School District, Indian Valley Family YMCA, Peter Becker Community, Montgomery County, as well as their affiliates, officers, directors, volunteers, and employees from any and all liability, claims, demands, and causes of action whatsoever, arising out of participation in this event and related activities, whether it results from the negligence of any of the above or from any other causes.

Name of Participant: \_\_\_\_\_  
Signature of Participant/ Guardian: \_\_\_\_\_  
Date: \_\_\_\_\_



Make checks payable to:  
"NORTH PENN YMCA"

Mail to:  
Indian Valley Family YMCA  
890 Maple Ave.  
Harleysville, PA 19438  
Attention: 5k Registration