

**THE FIRST ANNUAL  
DO BETTER 4 STEVE FEARLESS 5K**

**& 1 mile Kids Fun Run (ages 12 and under)  
COSTUMES HIGHLY ENCOURAGED!**

Presented by:



**DO BETTER  
4 STEVE**

**Saturday October 29th 9:00 A.M.  
Wissahickon High School Ambler, Pa**

**Registration/Number pick up opens at 8:00 a.m., 1 mile fun run starts at 9:00 a.m., 5k starts at 9:30**

**Course:** The course starts at the Wissahickon Track and makes its way through the surrounding neighborhood. The route continues onto Lower Gwynedd Trail which is mostly crushed limestone and some pavement. After leaving the path, the participants will travel up the sidewalk to Dager Road and then head back to the high school track for the finish.

**Amenities:** T-Shirt to all pre-registrants of 5K; prizes for the top 3, kids run finishers. Prizes for the top 3 costumes in kids run . Refreshments, indoor restrooms, Pre and post DJ entertainment, and free photos. Professionally timed by Pretzel City Sports. Rain or shine. No refunds or mailed awards

**5K Awards:** 1st Overall Male & Female finisher plus top 3 M & F in the following Age Groups 13 & Under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 Plus

**Entry:** 5K: \$ 35 if postmarked by Wednesday October 12th, guaranteed t-shirt. After that date and including race day \$40 shirts while supplies last, \$35 after they are gone.

1 Mile Kids Run for Ages 12 and under: \$8 if postmarked by Wednesday October 12th. After that date and including race day \$10. Shirts are not included with this event.

**Online Registratio**n available at [www.pretzelcitysports.com](http://www.pretzelcitysports.com)  
(nominal processing fee applies, closes at midnight the Wednesday of Race Week)

**CHECK PAYABLE TO Do Better 4 Steve. MAIL CHECK & FORM BELOW TO: Liz Cammarota, 115 Brochant Circle, Blue Bell, Pa 19422 RACE DIRECTOR: Liz Cammarota, 610-368-7503, [www.DB4S.org](http://www.DB4S.org)**

**Please Print Clearly**

Last name \_\_\_\_\_ First name \_\_\_\_\_  
Address \_\_\_\_\_ City/State \_\_\_\_\_ Zip \_\_\_\_\_  
Age as of 10/29/2022: \_\_\_\_\_ Date of birth: \_\_ / \_\_ / \_\_\_\_ Sex: M F  
Race (circle one): 5K KIDS Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_ A.M. \_\_ or \_\_ P.M.? Both \_\_  
Shirt Size (circle one): S M L XL Email: \_\_\_\_\_ @ \_\_\_\_\_

**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, Do Better For Steve and 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. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

**Signature** \_\_\_\_\_ **Date** \_\_ / \_\_ / 2022