



# Springfield Township 5K and Fun Run

## Sunday October 2, 2022

Cisco Park

199 Montgomery Avenue Erdenheim PA 19038

5K starts at 9am 1Mile Fun Run to follow\*

\*approx 9:40am

For more info email us at [springfieldtwpccommunityday@gmail.com](mailto:springfieldtwpccommunityday@gmail.com) / Sarah 503-679-4097

Race timed by Pretzel City Sports - Results available within 24hr

<https://www.pretzelcitysports.com>

### Route:

The race starts at Cisco Park, winds its way through the lovely streets of Erdenheim and finishes back at the Park. Stay for the fun at Springfield Township Community Day with FREE food, entertainment, activities for all ages – immediately following the race from 10am – 1 pm. Parking info will be provided to race entrants via email closer to the race.

### Pricing:

5K - \$30

1 Mile Fun Run - \$15

All participants will receive a t-shirt. Race day registration begins at 8 am.

### Prices:

1st place overall Male and Female \$100 Cash Prize

1st place overall Male and Female Masters \$50 cash prize

### Age groups awards:

10 and under

11-14

15-19

20-29

30-39

40-49

50-59

60-69

70+

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PROCEEDS BENEFIT THE SPRINGFIELD TOWNSHIP COMMUNITY DAY FUND & ERDENHEIM CIVIC ASSOCIATION

Payment

How would you like to pay? (circle one)

1. *Paypal*



*Scan. Pay. Go.*

[paypal.me/ErdenheimCivic](https://paypal.me/ErdenheimCivic)

2. Or Check

Check payable to Springfield Twp Community Day Fun

Mail Checks to: \*c/o Sarah LoGiudice 802 Longfield Rd, Erdenheim PA 19038

\*\*\*\*Optional Online Registration Available at <https://www.pretzelcitysports.com/onlineform1.php?id=1248>  
Minimal service fee applies, closes at midnight, the Wednesday before race day. \*\*\*\*

Registration Information

First Name:

Last Name:

Email Address:



Mailing Address:

Age on Race Day:

Date of Birth:

Which Race (circle one):      5k (\$30)      or      1 Mile Fun Run (\$15)

Shirt Size (circle one):

Youth SM

Youth M

Youth L

S

M

L

XL

XXL

## Waiver and Release

### WAIVER/RELEASE:

I know that running a road race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, physical contact with other participants, volunteers, race personnel, contract service providers, employees, and spectators including the potential the contraction of a communicable disease resulting from contact with other participants, volunteers, race personnel, contract service providers, employees, and spectators. I assume all risks including: the effects of the weather; high heat and/or humidity; freezing cold temperatures; traffic and the conditions of the road including surrounding terrain. [ I further agree to abide by the Center for Disease Control's (CDC) recommendations for the prevention of the spread of the 2019 Novel Coronavirus Disease (COVID-19) and other communicable diseases, and I attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>. I assume all such risks being known, appreciated, and accepted by me.

Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Erdenheim Civic Association and Springfield Township, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. In addition, I acknowledge the contagious nature of COVID-19 and other communicable diseases and voluntarily assume the risk that I may be exposed to or infected by COVID-19 and/or other communicable diseases by participating in this event. I acknowledge that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I understand that the risk of becoming exposed to or infected by COVID-19 in

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connection with my participation in this event and personally assume this risk.

I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purposes. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is canceled before or during the event. By checking the box below I am signing for myself or as a parent/guardian of participant under age 18.

\*We cannot guarantee shirt sizes but we will try our best!

### Acknowledgement

I have read and agree to the waiver and release - please sign below.

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Signature of participant or guardian

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Throwback to 2015 - look you young we all are!

