

EMC 5K RUN

& 1 MILE KIDS RUN

Presented by the EMC Home and School Association

Saturday, October 15, 2022 – 9 AM - Souderton, PA

LOCATION/REGISTRATION: Starts at Souderton Area High School, 625 Lower Road Souderton, PA; Registration/number pickup at Stadium Drive,, starting at 8:30 AM. , Kids Run (ages 10 & Under) at 9 AM, 5K at 9:30 AM

COURSE: SAHS XC Course

AMENITIES: T-shirt to all registrants of 5K that have registered by 9/30/22, no exceptions. Refreshments for finishers, loads of parking, time clock at finish and instant results. Held rain or shine. No refunds.. Results on www.pretzelcitysports.com in 1-2 days.

ENTRY: For 5k: \$30 that have registered by 9/30/22, includes shirt. After 9/30/22, \$30 with no guarantee of race-day shirt. For kids run, \$20 that have registered by 9/30/22, includes shirt. After 9/30/22, \$20 with no guarantee of race-day shirt.

Optional Online Registration Available at <https://www.pretzelcitysports.com/online-registration/>
(Nominal service fee applies, closes at midnight, the Wednesday before race day)

5k AWARDS: Medals to be given to the top male & female overall finishers as well as the top three male & top three female finishers in each of the following age groups: 14 & Under; 15-19; 20-29; 30-39; 40-49; 50-59; 60 & Up

CHECK PAYABLE TO “EMC Home & School” & MAIL CHECK & FORM BELOW TO: EMC Home & School, 143 S. School Lane Souderton, PA 18964.

RACE DIRECTOR: Michele Cheney mcheney@soudertonsd.org

.....Please Print Clearly.....

Last name _____ First name _____

Address _____

City/State _____ Zip _____ Race day age: _____ Date of birth ____/____/____

Race (circle one): 5K KIDS Sex: M F Phone: (____) _____ A.M. or P.M.??

Shirt Size (circle one): KIDS: S M L XL ADULT: 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, **EMC Home & School Association** 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 ____/____/ 20____