



SOLE HARVEST 5K

and 1 Mile Walk with Virtual Option

October 8, 2022 - 9AM

Benefitting the Norristown Hospitality Center

Empowering those experiencing homelessness and poverty

www.hospitalitycenter.org

LOCATION: Norristown Farm Park - Whitehall Rd
Entrance - 401 N. Whitehall Rd, Norristown PA 19403

COURSE: Scenic and unique course in the Norristown Farm Park, start/finish at Whitehall Rd.

SCHEDULE: 7:30 - Day-of registration/check-in opens
8:50 - Head to start line
9:00 - 5K start
9:02 - 1 Mile Walk start
9:45 - Raffle and Award Ceremony

AWARDS: Top 3 Overall Male and Female, Age Group Awards Top 3 Male and Female: 13 and under, 20-29, 30-39, 40-49, 50-59, 60+

**\$100 cash prize for new course records -
Male: 16:13 Female: 18:57**

AMENITIES: Professionally timed by Pretzel City Sports, Water stop on course, Race bag with giveaways and coupons, Raffle baskets, Refreshments and plenty of parking provided

REGISTRATION FEE: Runners = \$25 before 8/31, \$30 before 10/5, late/day-of registration \$35, Virtual Runners = \$20 Walkers = \$20



Visit soleharvest5k.com or scan QR code for more information and online registration

Mail: Complete form and mail to
**Norristown Hospitality Center,
P.O. Box 858,
Norristown, PA 19404**

Make checks payable to "Norristown Hospitality Center!"

Day of registration begins at the Norristown Farm Park at 7:30am

Last name: _____ First name: _____

Address: _____ City: _____ State: _____ Zip: _____

Telephone: _____ Email: _____ Race day age: _____ Date of birth: _____

Event (circle): 5K 1 mile walk Virtual runner Gender (circle): M F

ADD-ON Performance shirt - \$13 - Shirt size (circle): S M L XL

Team name (if applicable): _____

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 others on the course and assume the risk for running in the park. 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 course, all such risks being known and accepted 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 Norristown Ministries Inc. and any one 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: _____