



Kate's Casa 2nd Annual 5K

Sunday 10/16/2022

5k and 1mile walk/run

LOCATION/RACE TIME: University of Valley Forge, 1401 Charlestown Road, Phoenixville, PA.
5k starts at 9:00a.m. and the 1Mile Fun Walk /Run starts at 9:05am.

COURSE: Paved campus trails, mostly flat and fast! One Mile Fun Run/Walk will not be timed, and will be on separate course, etc.

PACKET PICK UP/REGISTRATION: Packet pick up at U of VF park pavilions on Saturday, 10/15/22 from 5-7. Day of Race Registration Opens at 8:00.

5k & 1 Mile ENTRY FEE: \$25 if registered by 10/03/22, after that date \$30 including day of race
Online Registration Available at <https://www.pretzelcitysports.com/online-registration/>
(Nominal service fee applies, closes at midnight, the Wednesday before race day)

5k AWARDS: 1st Overall Male & Female plus top 3 M & F in 14 & Under 15-19, 20-29, 30-39, 40-49, 50-59, 60+

For more information visit www.katescasa.org

Questions: katescasainc@gmail.com

CHECK PAYABLE TO "Kate's Casa"
MAIL CHECK & FORM BELOW TO: Kate's Casa, 1274 Hares Hill Road, Kimberton, PA 19442

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

Last name _____ First name _____
Address _____ City/State _____ Zip _____
Sex: M F Race Day age: _____ Date of birth ____/____/____ Race (circle one): 5K Fun Run/Walk
Phone: (____) _____ A.M. or P.M. 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, KATE'S CASA 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 _____