



Jingle Bell Jog



5K Run ** 2K Fun Run/Walk

Saturday December 3, 2022 Ft Washington, PA

Benefits the Upper Dublin Girls' Lacrosse Team and Abbey's Bakery (to promote mental health awareness & suicide prevention)

Participants receive jingle bells and post-race refreshments! **If registered by November 11th, participants are guaranteed a long sleeve t-shirt!**

Starting at Upper Dublin High School, 800 Loch Alsh Ave, Ft. Washington PA 19034. The course is a certified 5K course that winds through the beautiful Fort Washington neighborhoods. Entry fee is the same for both the 5K run and the 2K fun run/walk.

- For both distances, \$30 entry fee if postmarked by November 11th, includes shirt
- \$35 entry fee after November 11th (including day of race) includes a shirt while they last
- \$20 entry fee for children 12 years and younger, includes shirt if registered by Nov 11, includes shirt
- \$25 entry fee after Nov 11 (including raceday) for children 12 years and younger, includes a shirt while they last
- Rain or shine, no refunds
- Both races begin at 9:00 a.m., Registration begins at 7:30 a.m. at the Upper Dublin High School cafeteria
- Timing and finish line services provided by Pretzel City Sports
- Questions? Email udjinglebellrun@gmail.com or call 267-253-8610
- Register online at <https://www.pretzelcitysports.com/onlineform1.php?id=1735>. Closes at midnight the Wed of raceweek.

Awards presented to the top 3 male and female finishers overall and the top 3 M & F finishers in each age group: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ 2K fun run/walk does not include awards

*****PRIZES AWARDED FOR BEST COSTUMES!!*****

MAKE CHECK PAYABLE TO **“Upper Dublin High School Girls’ Lacrosse Booster Club”**
MAIL CHECK & FORM BELOW TO: **Mary Senior 124 Weldy Ave. Oreland PA 19075**

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Circle one: 5K 2K Fun Run/Walk Sex: M F Race day age: _____ Date of birth
____/____/____

Shirt Size (circle one) : S M L XL YS YM YL YXL Phone: (____) _____

Email: (print clearly) _____

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 effects 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, Upper Dublin High School Girls' Lacrosse, Upper Dublin High School Girls' Lacrosse Booster Club, 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. By entering this race, I am granting permission to Pretzel City Sports to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature (Parent/Guardian if under 18 years of age) _____

Date: _____