

The South Western Education Foundation is Proud to Present the 8th Annual



# Mustang Pride 5k Run/Walk

& ½ Mile Kids Fun Run

Saturday, May 6th, 2023 9:00 A.M. – **Hanover, PA**

**Location:** South Western School District, 225 Bowman Road, Hanover, PA 17331. Registration/number pickup opens at 7:30 a.m. in E. H. Markle Middle School Gym. The 5K starts at 9:00 a.m., the Fun Run approx. 10:00. Clock at finish, mile markers, water on course. Finish will be in the Mustang Corral on the track.

**Course:** Begins behind E. H. Markle Middle School. The course will be an open road course through the rolling hills of our campus and surrounding neighborhoods, and will have a nice flat finish in the stadium on the track. The ½ mile Kids Fun Run will take place on the track. This course has been measured to the best of our ability using measuring wheel and driving.

**5K Entry:** \$20 if postmarked by April 21, 2023 and you are guaranteed a Tshirt. Afterwards, including race day, \$25 and shirts available while supplies last. There will be a limited number of shirts available on race day, so get your applications in early! **No refunds or mailed awards.**

**Kids Fun Run:** All participants are required to register. This a non-competitive fun run. Entry fee is \$5 for all participants. Day of registration is also available. Fun run is open to kids 12 years old and younger. Tshirts may be purchased for an additional \$10.

**Make checks payable to** “South Western Education Foundation 5K”. **Mail payment and registration to:** Doug Morela 225 Bowman Road, Hanover, PA 17331. Race Director: Doug Morela (717) 633-4840. Online registration is also available at <https://www.pretzelcitysports.com/online-registration/> (nominal service fee applies, closes at midnight, Wednesday prior to the race)

PLEASE PRINT CLEARLY

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Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Sex: M F Race Day Age \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Shirt Size (check size) YS\_\_\_\_ YM\_\_\_\_ YL\_\_\_\_ S\_\_\_\_ M\_\_\_\_ L\_\_\_\_ XL\_\_\_\_ XXL\_\_\_\_ XXXL\_\_\_\_

Phone: ( ) \_\_\_\_\_ Event: 5K \_\_\_\_\_ Fun Run \_\_\_\_\_

Email Address \_\_\_\_\_

**I agree to the waiver on back (please sign)** \_\_\_\_\_

(Parent or Guardian if under 18 years of age)

# *Top Finisher Awards and Finisher Awards for all runners are designed and made by our talented students here at South Western!*

**Awards:** Top Male and Top Female finishers plus: \*(No Duplicate Awards)

**Awards for the following age groups:**

Top 3 Male & Top 3 Female finishers in each group:

**Ages 9 & under    Ages 10 – 14    Ages 15 – 19    Ages 20 – 29    Ages 30 – 39    Ages 40 – 49**  
**Ages 50 – 59    Ages 60 – 69    Age 70 and over**

½ Mile Fun Run is non-competitive for kids 12 and under.

All runners in the 5K and Kids Fun Run will receive a student made award for participation.

## **Other Important Information/Amenities:**

- Indoor registration and restrooms at start. Showers available if needed.
- Free refreshments following race in the concession stand in the stadium.
- Volunteers on course.
- No pets are allowed on the campus of the South Western School District
- Event is held rain or shine. **No refunds!**
- Race is to start promptly, so please arrive early.
- Please park in the main lot at the High School or Middle School.
- This is an open road course, so there may be light traffic on the course. Run on the left (facing traffic)
- Proceeds benefit the South Western Education Foundation.

**THIS IS A RELEASE OF LIABILITY AND WAIVER OF LEGAL RIGHTS DEPRIVING YOU OF THE RIGHT TO SUE. DO NOT SIGN UNLESS READ. SEEK THE ADVICE OF LEGAL COUNSEL.** I acknowledge the physical rigors present with 5k events and that they are inherently dangerous and test physical/mental limits. I understand participation involves dangers -serious bodily injury, permanent disability, paralysis/death; property damage; exposure to extreme circumstances; accidents, illness, collisions with natural or manmade objects; dangerous weather conditions; imperfect course conditions; water, road and surface hazards; equipment failure; safety measures; participants of varying skills; situations beyond the control of Organizers; other undefined harm not foreseeable and unknown risks. I understand risks may be caused in whole or in part by my own/my child's actions/inactions, the actions/inactions of other participants, or the acts, inaction or negligence of the Released Parties defined below, and I hereby expressly assume such risks and responsibility for any damages, liabilities, losses or expenses which are incurred by me or child as to this event.

I represent that I/my child is in proper physical condition and is not using prescription drugs impairing ability to safely participate. I agree that it is my sole responsibility to determine myself/child ability to participate. I will learn and abide by the Rules. I have instructed my child of the risks and how to be safety conscious. I hereby acknowledge that I have or will, before event, inspect the course to be used and agree that my/child's participation constitutes acknowledgment that the course, facilities and equipment have been inspected and I deem they are safe for participation by me/child. I also accept responsibility for my/child's actions during the event. I acknowledge that my child and I are responsible for my/my child's personal possessions and athletic equipment during the event. I consent to me/ my child receiving medical treatment which may be deemed advisable by the on-site personnel in the event of injury, accident and/or illness during the event.

I hereby Release, Waive and Covenant Not to Sue, and further agree to indemnify, Defend and Hold Harmless any party involved in the event, including: the Event Organizers and Promoters, Southwestern Education Foundation, Southwestern School District, Penn Township, Sponsors, Advertisers, Venue and Property Owners, Police, Fire, Safety and others providing support, and each of their parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, board, agents, employees and volunteers (**Individually and Collectively, the "Released Parties"**), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys fees) of any kind or nature which may arise out of, result from or relate to my/my child's participation in the event, including claims for Liability and any and all claims or causes of action I and/or child may have for damages for personal or bodily injury, disability, death, loss or damage to person or property, whether arising from the negligence of any or all of the released parties, to the fullest extent permitted by law, whether caused in whole or in part by the negligence of the released parties. I will indemnify, defend and hold harmless the released parties from Liability which any may be incurred as the result of such claim.

I hereby state that I have read this Agreement carefully, understand its terms, realize that I **will be giving up substantial legal rights by signing it** (including the rights of the minor, my spouse, children, parents, guardians, heirs and next of kin, any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have signed this Agreement freely, without any inducement, assurance or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditionals and provisions of this Agreement as well as that of child's other parent. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations have been made apart from this Agreement. If any provision is held for any reason unenforceable, then that provision shall be deemed severable and shall not affect the validity and enforceability of any remaining provisions. **I am granting permission to the South Western Education Foundation to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation.**

**APP MAY BE DUPLICATED**