

Life For Ukraine – a non-profit organization, founded by Ukrainian-Americans, based in Philadelphia USA, with a mission to provide humanitarian help for individuals and families who are affected by the Russian military invasion of Ukraine, presents

# 2<sup>nd</sup> Annual Life For Ukraine 5k Run/Walk

& 1 Mile Fun Run/Walk (Virtual Option Available)  
Sunday, Oct 15, 2023 10:00 A.M

**LOCATION:** Alverthorpe Park, Fox Chase Rd Entrance, Jenkintown, PA 19046. Registration/number pickup opens at 9:00 a.m. 5k Run/Walk starts at 10:00 a.m., 1 Mile Fun Run/Walk at 10:45 a.m.

**COURSE:** FLAT, FAST & SCENIC wheel measured course on paved park trails. GREAT place to PR! Clock at finish, refreshments, mile splits, instant results. Rain or shine. No refunds or mailed awards.

**AWARDS:** 5k Run/Walk only. Awards will be given to top male and female finishers. Additional awards to top 3 male and female finishers in the following age groups: 19 and under, 20 – 29, 30 – 39, 40 – 49, 50 – 59, 60 – 69, 70 and over. You must be present to receive your award. No awards will be mailed. Virtual racers will not be eligible for awards.

**ENTRY:** All “live” events: \$30 if register by Friday, September 29, 2023 incl. guaranteed t-shirt. Afterwards, incl. race day, \$35 while shirts last, \$28 when gone.

**VIRTUAL OPTION:** Cannot attend the live event? Sign up for our virtual option and you can run your own race wherever you like. You will still get a t-shirt and help support our cause! Virtual racers will not be eligible for awards. Virtual race with shirt pick-up \$30, virtual race with shirt shipped to your home \$35. You can pick up your shirt starting Saturday, Oct. 14th from 10 a.m. till 5:30 p.m. at Jenkintown Running Company store: 416 York Rd, Jenkintown, PA 19046.

**DONATIONS:** All proceeds from the race will benefit individuals and families affected by the Russian military invasion of Ukraine. To support our cause please consider making additional donation. Even small donations can make a big difference. You can find more info about our organization at [www.life4ukraine.org](http://www.life4ukraine.org). Thank you!

Optional Online Registration available at <https://runsignup.com/Race/PA/Jenkintown/LifeForUkraine5K>  
(Nominal processing fee applies, closes at midnight, the Thursday of race week)

**RACE DIRECTOR:** Andriy Solonnikov, call (267) 205 9574 or email at [contact@life4ukraine.org](mailto:contact@life4ukraine.org).

MAKE CHECK PAYABLE TO “Life For Ukraine Inc”  
MAIL CHECK & FORM BELOW TO: Life For Ukraine Inc, PO Box 2634, Warminster, PA 18974.

Last name \_\_\_\_\_ First name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Circle one: 5K Run/Walk “Live” 1M Fun Run/Walk 5K Virtual w/shirt pick up 5K Virtual w/mailed shirt

Sex: M F Race day age: \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Shirt Size (circle one): S M L XL Phone: (\_\_\_\_) \_\_\_\_\_ A.M. or P.M.  
circle one or both

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 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, Life For Ukraine Inc, 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 \_\_\_\_\_

date \_\_\_\_/\_\_\_\_/ 2023