



CLAP 1ST ANNUAL 5K Run/ Walk

Norristown Farm Park, PA

Saturday, November 11, 2023

9:00AM 5K run/walk

WHO: Runners of all ages. Gather your family, friends and co-workers. Walkers are also invited to participate using the same course. **The course is stroller and dog friendly (on leash). Rain or Shine!**

WHAT: CLAP (Cancer Legacy in Action Projects) assists and encourages individuals (primarily children) who have lost an immediate family member to cancer to carry out projects or actions that extend their loved one's legacy.

WHERE: Norristown Farm Park, Pavilion 1. : The park's main entrance is located at W. Germantown Pike and Barley Sheaf Drive (park is opposite side of Einstein Hospital). Once you are on Barley Sheaf Drive continue to the right and follow signage to Pavilion #1 and #2. There will be CLAP signs and balloons to help guide you to the parking, bib pick-up area and start of the race.

WHEN: Saturday, November 11, 2023

8:00 a.m. – Packet Pick-up begins

9:00 a.m.– 5K Run/Walk begins

10:15 a.m. – Award presentation at finish line

DIRECTIONS:

- Pavilion #1 inside Norristown Farm Park
- <https://www.montgomerycountypa.gov/DocumentCenter/View/14015/Farm-Center-5K-Loop-Map-June-2016?bidId=>

QUESTIONS: Email: Brenda.koehler@comcast.net or text 610-574-3950

HOW: Complete the form below and submit appropriate amount.

Check payable to **CLAP or VENMO @CLAP-USA**

5k Entry Fee: \$25 if registered by October 1st to receive a CLAP 5K shirt. The fee for entries received after October 1st, is \$30, T-shirts available while last. Size requests will be honored to the best of our ability but size may be substituted. **NO RACE DAY REGISTRATION.**

Optional Online Registration Available at

<https://www.pretzelcitysports.com/onlineform1.php?id=1764>

(Nominal service fee applies, closes midnight, Wed. of race week)

5k AWARDS: Medal and \$25 will be presented to Overall Male and Female Champion. Medals presented to top three (3) Male and three (3) Female finishers in each of the following age brackets: 14 and under, 15-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70+ years.

RESULTS: Finish line and timing service by Pretzel City Sports. Official Race Results posted on www.pretzelcitysports.com 1-2 days after event.

REGISTRATION: CLAP 5k Run/Walk Complete this portion. Detach and mail. Include \$25 early registration fee by October 1st. Late registration fee \$30. Checks payable to "CLAP".

Name _____ Address _____

Please print

City _____ State _____ Zip _____ Age (on Race Day) _____

Gender: Male Female Event (circle one): 5k RUNNER 5k WALKER

Phone _____ E-mail address _____

T-shirt size (circle one)

Adult S M L XL XXL

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to CLAP, the City of Norristown and those in their employ, the County of Montgomery, and all their representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running in this event including, but not limited to: falls; contact with other participants; the effects of the weather, including high heat and/or humidity; and the condition of the road; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event.

Signature X _____ Date _____

(Parent or guardian's signature if less than 18 years of age.)

Checks payable to CLAP and mail to: 453 Reginald Lane, Collegetown, PA 19426