



**LOCATION:** Lenape Park, Perkasie Pa, Constitution Ave use drive way across from Perkasie square or park across the st next to the McDonald's. Regist./ number pickup opens at 9:00 a.m. 5k starts at 10:00 a.m., 1 Mile Fun Run/Walk starts 10:40 & 100yd Kids Dash at 9:30 a.m.

**COURSE:** Flat paved scenic bike path that follows the creek and loops around the baseball fields.

**5K AWARDS:** 1st Overall Male & Female finisher plus Top 3 M/F in the following age groups: 18 & under: 19-29: 30-39: 40-49: 50-59: 60-69: 70 & up. Awards Ceremony immediately following 5K

1M Fun Run/Walk all ages are welcome, event is untimed & awards not included ;100 yd Kids Dash for children 8 & under, grab bags to all that finish!!! (Shirts not included)  
**Note:** Kids participating in both the 5k & fun run must enter twice

**Entry Fee 5k or 1 Mile Fun Run/Walk:**\$35 if postmarked by Sat, Sept 13, 2023 incl. guaranteed your choice of drawstring bag or t-shirt. Afterwards, incl. Race day, \$40 while shirts or drawstring bags supplies last, \$30 when gone.

**100yd Kids Dash:** Children 8 & under, \$10 if postmarked by Sat, Sept 13, 2023. Afterwards, inc. day of race \$15. Race day registration for kids dash to be CLOSED once we have as many kids entries as we have grab bags so preregister if possible.

Optional Online Registration available at [www.pretzelcitysports.com](http://www.pretzelcitysports.com)  
 (Nominal processing fee applies, closes at midnight, the Wed. of race week)

## The Grow-A-Pair Mission

Grow-A-Pair was organized by Gentlemen Barbers to help raise awareness and spread the word about men's health issues; such as male prostate and testicular cancer. The foundation strongly wishes to encourage men to get regular heart checkups and screenings.

**RACE DIRECTOR:** Melina Moore, 267-680-9605 or email me at [Melina@grow-a-pair.org](mailto:Melina@grow-a-pair.org) more info at [www.grow-a-pair.org](http://www.grow-a-pair.org)

MAKE CHECK PAYABLE TO "Grow-a-Pair Foundation"  
 MAIL CHECK& FORM BELOW TO: Grow-a-Pair (Att.Melina Moore) 209 W Main St, Lansdale Pa.

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

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

Circle one: 5K 1M Kids Dash Sex: M F Race day age: \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Circle Shirt Size (circle one) : S M L XL or Bag preferred: Y or N Phone: (\_\_\_\_) \_\_\_\_\_ A.M. or P.M.??

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, GROW-A-PAIR FOUNDATION, 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 \_\_\_\_/\_\_\_\_/ 20\_\_