

Citizens Assist 5K/5M Run

With virtual option

Sunday, November 12th, 2023 ~ 9 am



Timing By Pretzel City Sports - Sponsored by Project Live UP-You are not alone. Help for Substance Abuse Disorder. Proceeds Benefit: Project Live, The Open Link, The Upper Perk Ambulance Association and the Upper Perk, Marlborough Township and East Greenville Police Departments.

Location & Race Day Registration: Macoby Run Golf Course, 5275 McLean Station Rd., Green Lane, PA 18054 **Registration on Race Day:** 7:45-8:50 a.m. Race will start at 9:00 a.m.

Course Description: Run through the winding cart paths of Macoby Run Golf Course (no golfers or traffic) Course is wheel measured. All events are entirely on macadam surfaces except for one fairway cross-over on grass in the 5 Mile run. The course includes a couple of challenging hills not to be taken lightly. Run will be held *rain or shine*. No strollers, bikes, rollerblades, skateboards or pets are permitted in the 5K or 5 Mile Race. How you choose to run this course is up to YOU!! Prices are the same for both the 5K and the 5 Mile Race. If you're feeling up to the challenge, feel free to continue into the 5 Mile run or walk the beautiful course at Macoby Run. **Fees:** 5K and 5 Mile Run: \$30.00 per runner if postmarked by *Friday 10/20/2023*. Includes a T-Shirt as well as medal upon completion of race. After 10/20/2023 and up to the day of race, the registration fee is \$35.00 with T-shirt while supplies last. \$30.00 when shirts run out. 5K and 5 Mile Run *Family/Group Rate* of 4 or more runners: \$25.00 per runner if postmarked by Friday 10/20/2023. After 10/20/2023 and up to race day, registration is \$30.00. Payment online, check or cash may be accepted. Group Rates may only be paid by check or cash mailed to the address provided. **NO ONLINE PAYMENTS** can be accepted for group rates.

Virtual Option: Virtual Race will take place starting 7 a.m., Friday 11/10 until 7 p.m. on Sunday 11/12/23. (Race times and pics submitted by Monday 11/13/23 by 4 p.m.). Same fees apply as in-person race (T-shirt included while supplies last and medal awarded to all finishers) **Optional Online Registration Available at: www.pretzelcitysports.com.** (Nominal Fees Apply, closes at midnight the Wednesday before the race.)

Awards: All awards given for both 5K and 5 Mile Race -All participants will receive a medal upon completion of the race. Special medals will be handed out to the Top Male and Female Overall as well as the top three males and females in the following age groups: 9 & Under 10-14 15-19 20-29 30-39 40-49 50-59 60-69 70 Plus. 5K/5M awards ceremony to be held at the conclusion of the race. **Virtual race medals to be awarded are for 1-2-3 overall male and female ONLY. (No in-person awards for virtual race)** **Amenities:** 2 water stops along the course as well as some light refreshments at the finish. Results at finish will be posted on www.pretzelcitysports.com 24-48 hours after the event.

Checks should be made out to **YFS of the UPV** with 5K in the memo.

Registration Forms may be sent to: UPVCC, 300 Main St., East Greenville, PA 18041 Attention: Erin Sweed - Citizens Assist Run **Any additional donations are greatly appreciated! We would like to extend our thanks for your time and consideration in supporting these organizations!!**

DIRECTIONS:

From Route 422: Take Route 29 N (Collegeville Exit) through Schwenksville. Stay on 29 North thru Green Lane. Stay left at the gas station. After passing Marlborough Elementary School on the left, turn right onto McLean Station Road. The golf course is one mile straight ahead.

From the PA Turnpike: Take the Quakertown Exit. Upon exiting the toll area, turn right onto Route 663 towards Pennsburg. Turn left onto Route 29 South. In approximately 4 miles, turn left onto McLean Station Road. The golf course is one mile straight ahead.

From Route 100: Turn onto Route 29 South in Hereford heading towards Green Lane. In approximately 8 miles, turn left onto McLean Station Road. The golf course is one mile straight ahead.

Questions?/More information? Race Director – Erin Sweed: erin91278@yahoo.com

Waiver must be signed to participate.



Citizens Assist 5K/5Miler Registration Form

Last Name: _____ First Name: _____

Street Address: _____

City: _____ State: ____ Zip: _____

Date of Birth: ____/____/____ Sex: ____ M ____ F Race Day Age: ____

Shirt Size: S M L XL XXL Email: _____

Phone: _____ AM PM Both Will run the 5K 5M Virtual Undecided

Race Entry Enclosed \$ _____ Additional Donation: \$ _____ Total Enclosed: \$ _____

Questions?/More information? Race Director – Erin Sweed: erin91278@yahoo.com

Waiver (must be signed to participate): I know that running a road race is a potentially hazardous activity. I should not enter or run unless I am medically able and properly trained. I also know that there will be traffic, hazards, debris and poor footing on the course and assume the risk for running on it. I also assume any or all other risks associated with running or attending the race included but not limited to falls, contact with other participants, the effects of weather, the conditions of the roads and getting lost, all such risks being known and appreciated by me. Knowing these facts, and in consideration of you accepting my 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 the Macoby Run Golf Course, all owners of the properties on which the race is run or held, all municipalities in which the event is held, the race committee, the volunteers, all other organizations directly or indirectly associated with the race, any or all sponsors including their agents, employees, assigns or anyone acting on their behalf, or anyone else associated in any way with the race, from any or all claims of liability from death, personal injury or property damage of any kind or nature whatsoever arising out of unforeseen circumstances known or unknown. By entering the race, I am granting permission to all parties affiliated with the race to use any pictures or likenesses of me secured at the event in any way they see fit without review or restriction or compensation.

I have read and understand this waiver and release. I fully understand that it is a release of liability.

DATE: _____ Participant Name: _____ (PRINT)

Signature: _____

(Signature of parent or guardian if under 18)