



# SOLE HARVEST 5K

## and 1 Mile Walk with Virtual Option

### October 14, 2023 - 9AM

### Benefitting the Norristown Hospitality Center

Empowering those experiencing homelessness and poverty

[www.hospitalitycenter.org](http://www.hospitalitycenter.org)

**LOCATION:** Norristown Farm Park - Whitehall Rd  
Entrance - 401 N. Whitehall Rd, Norristown PA 19403

**COURSE:** Scenic and unique course in the Norristown Farm Park, start/finish at Whitehall Rd.

**SCHEDULE:** 7:30 - Day-of registration/check-in opens  
8:50 - Head to start line  
9:00 - 5K start  
9:02 - 1 Mile Walk start  
9:45 - Raffle and Award Ceremony

**AWARDS:** Top 3 Overall Male and Female, Age Group Awards Top 3 Male and Female: 13 and under, 20-29, 30-39, 40-49, 50-59, 60+

**\$100 cash prize for setting a new course record - Male: 16:13 Female: 18:57**

**AMENITIES:** Professionally timed by Pretzel City Sports, Water stop on course, Race bag with giveaways and coupons, Performance t-shirt, Raffle baskets, Refreshments and plenty of parking provided

**REGISTRATION FEE: Runners = \$25 before 8/31, \$30 before 10/11, late/day-of registration \$35, Virtual Runners = \$20 Walkers = \$20**  
Student pricing - \$15 for runners/walkers under age 21



Visit [soleharvest5k.com](http://soleharvest5k.com) or scan QR code for more information and online registration

**Mail:** Complete form and mail to  
**Norristown Hospitality Center,**  
**P.O. Box 858,**  
**Norristown, PA 19404**

**Make checks payable to "Norristown Hospitality Center!"**

**Day of registration begins at the Norristown Farm Park at 7:30am**

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

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

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_ Race day age: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Event (circle):    5K            1 mile walk            Virtual runner            Gender (circle): M    F

Performance shirt - Shirt size (circle):    S            M            L            XL

Team name (if applicable): \_\_\_\_\_

In consideration of you accepting this entry, I, the participant, intending to be legally bound do hereby waive and forever release any and all right and claims for damages or injuries that I may have against the Event Director, RunSignUp.com, and all of their agents assisting with the event, sponsors and their representatives, volunteers and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees.

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typical found in running a road race. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely complete the run. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that a licensed Medical Doctor has verified my physical condition.

In the event of an illness, injury or medical emergency arising during the event I hereby authorize and give my consent to the Event Director to secure from any accredited hospital, clinic and/ or physician any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment and hospitalization.

By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above release and waiver.

Further, I grant permission to all the foregoing to use my name, voice and images of myself in any photographs, motion pictures, results, publications or any other print, videographic or electronic recording of this event for legitimate purposes.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_