



**Kate's Casa 3rd Annual 5K  
Sunday 10/15/2023  
5k and 1mile walk/run**

**LOCATION/RACE TIME:** Charlestown Park, Phoenixville, PA. GPS to Academic Way, Phoenixville, PA 19460  
5k starts at 9:00a.m. and the 1Mile Fun Walk /Run starts at 9:05am.

**COURSE:** New and improved marked course along the paved trails at the University of Valley Forge  
1 Mile Fun Run/Walk will not be timed, and will be on separate course.

**PACKET PICK UP/REGISTRATION:**  
Race Day - Registration Opens at 8:00.

**5k & 1 Mile ENTRY FEE:** \$25 if registered by 10/01/23, after that date \$30 including day of race  
**Online Registration Available at** <https://www.pretzelcitysports.com/online-registration/>  
(Nominal service fee applies, closes at midnight, the Wednesday before race day)

**5k AWARDS:** Top 3 overall Male & Top 3 overall Female. Must be present for awards.

Please consider racing for our cause! Entry fee supports those in our community who need it most!  
For more information visit [www.katescasa.org](http://www.katescasa.org)

**Questions or Concerns:** [katescasainc@gmail.com](mailto:katescasainc@gmail.com)

**CHECK PAYABLE TO "Kate's Casa"**  
**MAIL CHECK & FORM BELOW TO: Kate's Casa, 1274 Hares Hill Road, Kimberton, PA 19442**

.....Please Print Clearly.....

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

**Address** \_\_\_\_\_ **City/State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Sex:** M F **Race day age:** \_\_\_\_\_ **Date of birth** \_\_\_/\_\_\_/\_\_\_ **Race (circle one):** 5K Fun Run/Walk

**Phone:** (\_\_\_\_) \_\_\_\_\_ **A.M. or P.M.** \_\_\_\_\_ **email** \_\_\_\_\_@\_\_\_\_\_

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, KATE'S CASA and 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. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

**Signature** \_\_\_\_\_ **date** \_\_\_\_\_

