FRIENDS ON THE RUN 5K
BENEFITING FRIENDS IN PINK

Saturday 10/28/23 Start Time RUN Starts @ 9:00 AM – Walk @ 9:15
Race Check In/Registration @ 8AM Warm Up & Stretch @ 8:30 AM

Race Purpose: 8th Annual 5K Friends On The Run/Walk
Organized by Friends In Pink, the 5K raises awareness & funds for those dealing with Breast Cancer

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Location: Run/Walk Wissahickon Valley Trail – to turnaround; start and finish at Jannette St.
Registration @ 5980 Jannette St, 19128 entrance to trail.

Entry: $25 adults, $20 age 13- 19 $15 ages 12 & under .. $5 Price increase after 10/14/2023
(discounts available for multiple children - contact race director for details) Team Entry: Must have minimum of 5 members
$20 adults, $15 age 13- 19 $13 ages 12 & under .. $5 Price increase after 10/14/2023
NEW TEAM OPTION - Teams must consist of 5 or more members- All Team members must register using the exact same Team Name Please enter your Team Name below

Race Results: Race will be professionally timed by Pretzel City Sports; Results @ pretzelcitysports.com
Awards: Top Overall Male and Female Award; – Male and Female
Top 3 Male and Female Awards per age bracket – 14 & under, 15-19, 20-29
Top 3 Male & Female Award per age bracket – 30-39, 40-49, 50-59, 60-69, 70+
Best Costume 14 & under; 20 & under; 59 & under; 60+
Giveaway: Run/Walk T-shirt guaranteed for those registered by 10/6/2023 – after that while supplies last
Questions: Contact: news@friendsinpink.org and/or 215-483-0592

"By indicating your acceptance, you understand, agree, warrant and covenant as follows: I know that running is a potentially hazardous activity. I should not enter or run unless I am medically able & properly trained. I also know that there will be traffic, debris, poor footing and other hazards 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 including but not limited to falls, contact with other participants, the effects of the 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 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 the organizers of this event, all municipalities in which the all owners of properties through which the race crosses, the race committee, volunteers, Friends In Pink, Inc. the Bryn Mawr Racing/Running Co., all other organizations directly or indirectly associated with the race, any or all sponsors including their agents, employees, assigns or any-one acting on their behalf, or anyone else associated in any way with this race, from any or all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event This waiver extends to all claims of every kind or nature whatsoever; foreseen or unforeseen, known or unknown.

Signature _____ **If under 18, Parent Guardian Signature)** **Date** _____

Name:

Email:

I am a member of Team_____(all members MUST use the exact team name)

Address: _____City: _____ State: ___ Zip:_____Phone: _____
Gender: M F DOB_____Age on Race Day: _____
Shirt Size: S M L XL 2xl Adult WALK_____RUN_____ if registered by 10/6/23

Make check payable to "Friends In Pink" Mail payment with this form to: Friends In Pink, P.O. Box 4618, Philadelphia, PA 19127 register online at www.pretzelcitysports.com Online registration ends Wednesday, 10/25/23 @ midnight Follow us on FriendsInPink.org