

Harmony 5K Hustle & 1 Mile Pup Strut

Benefits Harmony Retreat and Animal Rescue

Saturday April 27, 2024 - Temple Ambler Campus, Ambler, PA

9:30AM 5K Run/Walk followed by the 1 Mile Walk



Our mission is to cultivate a harmonious and nurturing sanctuary for animals while enhancing people's lives through educational interactions with animals, nature, and one another. www.harmonyrar.org

WHO: Runners of all ages. Gather your family, friends, and co-workers. Walkers are also invited to participate using the same course. The course is stroller and wheelchair accessible. Dogs are welcome.

WHAT: The 5K Run/Walk & 1 Mile Dog walk is a fundraiser for Harmony Retreat & Animal Rescue. Raising money for the Animals (now) and for Building our Sanctuary.

WHERE:
Temple Ambler Campus, 580 Meetinghouse Road, Ambler, PA

WHEN: Saturday, April 27, 2024
8:30 a.m. – Registration begins
9:30 a.m.– 5K Run/Walk begins
9:35 – 1 Mile Dog Walk – MUST BE LEASHED
Awards presentation at the Red Barn Immediately following 5K

DIRECTIONS:

- Temple Ambler Campus, 580 Meetinghouse Road, Ambler, PA
- Registration table at the entrance near Red Barn

QUESTIONS: Call Sandy Bohr 215-901-8459

HOW TO REGISTER:

Paper: Complete the form below and submit the appropriate amount. Check/Money order payable to Harmony Retreat & Animal Rescue
Mail to: Sandy Bohr 612 Whippain Hills Blue Bell PA 19422

On-line REGISTRATION:

<https://www.pretzelcitysports.com/online-registration/>

(Nominal service fee applies, closes midnight, Wed. of race week)

5k & 1 Mile Walk Entry Fee: \$25 if registered by April 5th includes guaranteed shirt. The fee for entries received after April 5th, including Race Day, is \$30, T-shirts available while supplies last. Size requests will be honored to the best of our ability but size may be substituted.

5k AWARDS: Prize will be presented to Overall Male and Female Champion. Prizes presented to top three (3) Male and Female finishers in each of the following age brackets: 14 and under, 15-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70+ years.

RESULTS: Finish line and timing service by Pretzel City Sports. Race Results posted on www.pretzelcitysports.com

REGISTRATION: Harmony Retreat and Animal Rescue, Inc. Complete this portion. Detach and mail. Include \$25 early registration fee by April 5th. After the 5th, late and same day registration fee is \$30. Checks payable to Harmony Retreat and Animal Rescue.
Mail to Sandy Bohr 612 Whippain Hills Blue Bell PA 19422

Name _____ Address _____

City _____ State _____ Zip _____ Age (on Race Day) _____

Gender: Male Female Event (circle one): 5K RUN/WALK 1 MILE DOG WALK

Phone _____ E-mail address _____

T-shirt size (circle one)
Youth S M L
Adult S M L XL XXL

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, and all their representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running in this event including, but not limited to: falls; contact with contact with other participants and dogs; the effects of the weather, including high heat and/or humidity; and the condition of the road; all such risks being known and appreciated by me. I waive any and all claims if any injury is animal related. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event. I, the undersigned, am executing the following Waiver and Release of Liability and Indemnification Release as a participant in the Harmony 5K Hustle and 1 Mile Pup Strut. By signing below, I, as a participant, expressly understand, assume and consent to all the terms, conditions and risks set forth herein. Also, I do not hold the Harmony Retreat and Animal Rescue or Temple Ambler Campus, including its residents, members, partners, and volunteers liable for any such risk as illness, injury, paralysis, death and/or other losses and damages sustained by me or my dog(s) arising out of or in connection with the participation in this event. I, the undersigned acknowledge that my dog(s) has received and is current on all the necessary vaccinations, including the rabies and distemper vaccine. Acknowledgement of Release of Terms and Conditions I, the undersigned, hereby represent that I have carefully read and fully understand the contents of this release and that this release is legally binding and enforceable, and that I agree to the terms and conditions of this release.

Signature X _____ Date _____

(Parent or guardian's signature if less than 18 years of age.)