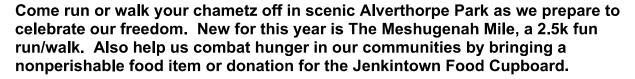
Old York Road Temple-Beth Am presents the 3rd

## Get the Leavened Out 5k

## & The Meshugenah Mile Fun Run/Walk Sunday, April 21, 2024, 10:00 a.m.





LOCATION: Alverthorpe Park. Jenkintown Road & Forrest Avenue, Jenkintown, PA. Parking will be available in the park's lot on Fox Chase Road. Alternate parking can be found at the park's main entrance on Forrest Avenue. Registration, located at the picnic pavilion close to Fox Chase Road, opens 9:00 a.m. 5k/fun run starts 10:00 a.m.

COURSE: 5k is mildly hilly two loop paved path or be a Meshugenah and go one loop around.

AWARDS FOR 5K: Overall male, female, and nonbinary winners plus:

Top 2 male, female, & nonbinary awards for each age category:

13 & under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Runners, joggers, walkers, saunterers, ramblers, strollers, are all welcome to participate, but please leave your pets home. Awards will be announced after the race. Overall winners are not eligible for age group award.

ENTRY FOR 5K & Fun Run/Walk: Early registration until April 3, 2024: Adults \$25, Children 12 and under \$15 After April 3, 2024, including race day: Adults \$30, Children \$20; Race day registration is cash, check, Venmo. 12 and under must be accompanied by a participating parent or guardian.

AMENITIES: Regular short sleeve T-shirt to all pre-entries & race-day entries while supplies last. Registration must be received by April 10, 2024 to guarantee a shirt. Professional timing and results by Pretzel City Sports. Clock at finish, refreshments, instant results. Rain or shine. No refunds or mailed awards.

Online registration available: <a href="https://oldyorkroadtemplebetham.shulcloud.com/event/get-the-leaven-out-walk.html">https://oldyorkroadtemplebetham.shulcloud.com/event/get-the-leaven-out-walk.html</a> (Closes at 3 p.m., Wednesday, April 17, 2024)

OR MAIL BELOW FORM & CHECK PAYABLE TO "Old York Road Temple - Beth Am"
TO: Old York Road Temple - Beth Am, Attn: GOTL 5k, 971 Old York Rd., Abington, PA 19001
Race Directors: David Lieberman, 215-260-6851 & Josh Posnan 267-847-1471

Last name:						First name:		_	
Address:						City:		State:	Zip:
Gender (circle): M	F	NB			Race day a	ige:	_	Date of birth:	
Shirt Size (circle):	s	M	L	XL			Phone: (	) circle one or both	A.M. or P.M.?
Event Select (circle):	ent Select (circle): 5k Fun Run/Walk					Email:	(print clearly)_	Circle one or both	
WAIVER: I know that runni trained. I also know that th associated with running or condition of the roads, all s fee, I hereby for myself, my release and discharge Old	ere m attenduch r heirs	ay be ding tl isks b , exec	traffic he rac eing k utors,	on the e inclu nown admir	e course and as iding but not lir and appreciate nistrators or an	ssume the ris nited to falls, d by me. Kno yone else who	k for running in tra contact with other wing these facts, o might claim on n	offic. I also assume any or participants, the affects of and in consideration of yo ny behalf, covenant not to	all other risks f the weather and the ur accepting my entry sue, and waive,

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. By entering this race, I am granting permission to Old York Road Temple - Beth Am to use any

Signature \_\_\_\_\_ Date \_\_\_ / \_\_\_ / 2024

I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation.