



The Spring-Ford Educational Foundation
5K and Kids Fun Run

Friday April 19th

The perfect way to kick-off your weekend and show your support for the Spring-Ford Area Educational Foundation.

All 5K finishers will receive a unique race medal and an incredible race-themed long-sleeve T-shirt.

When: Friday April 19th @ 6:15 pm (Kids fun run) and 6:30 pm (5K Run/Walk)

Where: Spring-Ford Area High School, 350 South Lewis Road, Royersford, PA 19468

5K Swag: Unique finishers medal and race-themed long-sleeve T-shirt (while supplies last)

5K Awards: Awards will be given to the top overall male and female finishers, as well as the top overall males and females in each of the following age groups: Under 9, 10-12, 13-15, 16-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+

5K \$25 for students, \$30 for adults

Kids' Fun Run (12 and under) \$10

For more information and to register online, go to RUNegades.com

Name _____ Sex _____ Age _____

Address _____

Phone # _____ Email _____

Circle One: Student 5K (\$25) / Adult 5K (\$30) / Kids' Run (\$10) **Unisex T-shirt (5K Only):** S M L XL XXL

Waiver: In signing this entry I, for myself, my heirs, executors, and administrators release The SFEF, The Spring-Ford School District, The Pennsylvania Running Company, RUNegades, Inc., Second Wind Timing, and all of the event representatives and sponsors, from liability to any and all injuries, damages, and/or claims of any description which might arise out of this event. I understand that running a trail race entails certain risks and I certify that I am healthy enough to compete in this activity. I have read and understand the aforementioned release and sign it voluntarily. I attest that I am fit, able, and capable of running this race.

Signature: _____ Date _____

Parent/Guardian (if under 18): _____

Register online @ RUNegades.com (Upcoming Events) OR

Make Checks Payable to: Pennsylvania Running Company, LLC

Submit entries via mail to: 1129 Bateman Drive. Phoenixville, PA 19460