



Run for Hope

~ 5K & 1 Mile Fun Run/Walk ~
Saturday, September 7, 2024 10:00 A.M.



WHO: Runners of all ages. The course is stroller and wheelchair accessible.

WHAT: Proceeds from the Run for Hope will benefit our ongoing mission work in the Dominican Republic

TIME: Race Day registration and bib pickup opens at 9:00 a.m. in Pavilion next to Skate Park. Gather at starting line at 9:50A.
5K starts at 10:00 a.m. ~ 1M Fun Run/Walk starts at 10:15 a.m.

LOCATION: Lenape Park, Constitution Avenue, Perkasio, PA 18944

PARKING: McDonald's /Landis Shopping Center across the street. Handicap accessible parking in front of park Pavilion

COURSE: Flat and paved scenic bike path that follows the creek.

- **5K course:** Start near Pavilion, go STRAIGHT to bridges, cross over Twin Bridges, turn LEFT, go STRAIGHT on path until you reach the loop, stay RIGHT around loop, take slight RIGHT at top of loop, follow path, circle RIGHT around War Memorial, come back to main path, finish loop #1, circle loop and War Memorial a 2nd time then head back down STRAIGHT AWAY toward bridges, cross over Twin Bridges and turn RIGHT to Finish Line. (map to be included).
- **1M Run/Walk course:** Start near Pavilion, go STRAIGHT to bridges, cross over Twin Bridges, turn LEFT, go STRAIGHT to ½ mile marker, TURN AROUND, go back down path toward bridges, cross over Twin Bridges and turn RIGHT to Finish Line.

TIMING: 5K is manually timed; 1M Fun Run/Walk is untimed

5K AWARDS: 1st Overall Male & Female finisher plus Top 3 Male/Female in the following groups: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. Results and Awards following the 5K.

ONLINE ENTRY: www.boldhope.org/events/5k

- **5K:** \$35--by Wednesday, August 14, 2024--includes a tee shirt. After August 14th, including race day, \$40 while shirts last, \$30 when gone.
- **1M Fun Run/Walk:** \$20--by Wednesday, August 14, 2024--includes a finisher's medal. After August 14th, including race day, \$25. Tee shirts are not included for this event.

RACE DIRECTOR: Nancy Cullen, 215-431-1943 or email nancy@boldhope.org

For information/registration: boldhope.org/events/5k Sponsorships available-include entries into 5K or 1M Fun Run/Walk

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Circle one: 5K 1M Sex: M / F Race day age: _____ Date of birth: ____/____/____

Shirt Size: XS S M L XL XXL XXXL Phone: _____ 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 of 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 effects 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, BOLD HOPE, 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 whatsoever 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 whatsoever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to Pretzel City Sports to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation.

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

Signature _____

date ____/____/2024