



THE 11th ANNUAL

Honor and Courage 5K RUN

1 Mile Walk & 1/2 Mile Kids Fun Run

Presented by the Honor and Courage Foundation

Saturday, September 21, 2024

Opening Ceremonies 9:30 a.m
Warminster Community Park

Packet pickup at Brickhouse Bar & Grill Friday, Sept. 20th from 6:00 pm - 8:00 p.m. and on Saturday, September 21st at Warminster Community Park at 7:45 AM. After opening ceremonies, the event starts with a Kids Fun Run followed immediately by 5K runners and 1-mile walkers.

COURSE: wheel measured course; FASTEST & FLATTEST Bucks County Run!

AMENITIES: T-shirt to first 300 registered for 5k/Walk Refreshments for finishers, indoor/outdoor toilet facilities & loads of parking. Held rain or shine. No refunds or mailed awards. Results on www.pretzelcitysports.com in 1-2 days.

AWARDS: Awards for the Overall Male & Female winners plus: 13 & Under : 3M, 3F 14 - 19: 3M, 3F 20-29: 3M, 3F 30-39: 3M,3F 40-49: 3M, 3F 50-59: 3M, 3F 60-69: 3M, 3F and 70+: 3M, 3F

Optional Online Registration Available at <http://www.honorandcourage5k.org>

Please enter the park through the Bristol Rd Entrance (Not Street Rd.)
The address is: Warminster Community Park, 350 E. Bristol Rd., Warminster PA 18974

CHECK PAYABLE TO "Honor and Courage Foundation" & MAIL CHECK & FORM BELOW TO: Honor and Courage Foundation 960 Gladwyn Rd. Warminster PA 18974.

**RACE DIRECTOR: HEATHER SLIWINSKI, 267.210.6956, info@honorandcourage.org ,
5K \$40 1 Mile Walk \$35 <http://www.honorandcourage5k.org> Klds run \$25 Virtual \$35**
.....Please Print Clearly.....

Last name _____ First name _____

Address _____

City/State _____ Zip _____ Race day age: _____ Date of birth ____ / ____ / ____

Sex: M F Race (circle one): 5K 1-Mile Walk Kids Run Phone: (____) _____ A.M. or P.M.?

Shirt Size (circle one): S M L XL XXL - Kids Sm Kids Med Kids Lg

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 for 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 affects 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, **Honor and Courage Foundation** and 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 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. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

signature _____ date ____ / ____ / 20 ____