FRIENDS ON THE RUN

BENEFITING FRIENDS IN PINK

Saturday 10/19/24 Start Time RUN Starts @ 8:00 AM – Walk @ 8:15

Race Purpose: Our 9th Annual 5K Run/Walk for Benefits Friends In Pink.

FriendsInPink.org for information on Friends In Pink

Location: Manayunk Tow Path – Start & Finish at Green La to Shawmont turnaround (Limited Parking available at 114 Green Lane, 19127)

Entry: $25 adults ($30 day of Run), $20 under 18 (discounts available for multiple children)
Registration also at runsignup.com/Race/PA/Philadelphia/Friends On The Run

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Race Results: Race will be professionally timed by Pretzel City Sports
Results will be found at https://www.pretzelcitysports.com/2024-results/
Giveaway: Run/Walk Tshirt for those registered by 10/1/2024

Questions: Contact: info@friendsinpink.org Follow us on FriendsInPink.org

"By indicating your acceptance, you understand, agree, warrant and covenant as follows: I know that running is a potentially hazardous activity. I should not enter or run unless I am medically able & properly trained. I also know that there will be traffic, debris, poor footing and other hazards on the course and assume the risk for running on it. 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, the conditions of the roads and getting lost, 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 the organizers of this event, all municipalities in which the all owners of properties through which the race crosses, the race committee, volunteers, Friends In Pink, Inc. the Bryn Mawr Racing/Running Co., all other organizations directly or indirectly associated with the race, any or all sponsors including their agents, employees, assigns or any-one acting on their behalf, or anyone else associated in any way with this race, from any or all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event This waiver extends to all claims of every kind or nature whatsoever; foreseen or unforeseen, known or unknown.

Signature _____ If under 18, Parent Guardian Signature) Date _____

Name:

Email:

Address: _____City: _____ State: ___ Zip:_____Phone: _____

Gender: M F DOB_____Age on Race Day: _____

Shirt Size: S M L XL 2xl Adult WALK_____RUN_____

3 ways to register – by link – QR Code or mail application: https://runsignup.com/Race/PA/Philadelphia/FriendsontheRun

If mailing - Make check payable to "Friends In Pink" Mail payment with this form to:
Friends In Pink, P.O. Box 4618, Philadelphia, PA 19127