

United Friends School's

# Freezer 5K & 1 Mile Fun Run (for all ages and abilities)

**Spaghetti Dinner: Friday, January 10, 2025 @ 5pm**

**Race: Saturday, January 11, 2025**

**5K @ 10am; Fun Run @ 10:45am**

**Awards @ 11:00am**

Running with heart, warmed by community—together, we go the distance.

**COURSE:** Enjoy a smooth, mostly flat route consisting of wide, clearly marked sidewalks in the heart of a Bucks County town and one of its local parks. The perfect first race of the year for runners and walkers alike to enjoy the winter scenery.

**5K AWARDS:** Top 3 males and females from the following categories will receive awards:

Certificates for top 3 males and females under age 14, and 1st place Medal, 2nd & 3rd place certificate for the following age groups: 15-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70+

\*\*Must be present for awards. Awards will not be mailed.\*\*

**LOCATION:** United Friends School, 1018 W. Broad St. Quakertown, PA 18951.

The spaghetti dinner will be held in the multipurpose room of our Middle School. The race will start and end on our school's campus.

**PARKING:** Abundant street parking available on 10<sup>th</sup> street and other neighboring streets

**OPTIONS & COST (for both 5K and Fun Run):**

- Race/Fun Run only: Only \$30 through 12/20 (\$35 after 12/20)
- Race and spaghetti dinner: \$40 through 12/20 (\$45 after 12/20)
- Spaghetti dinner only (\$15/adult, \$10/child age 12 & Under)

\*\*Includes race bib, healthy snacks & drink. FREE Freezer T-shirt for those who register by 12/20. T-shirt not available after 12/20.

**Online Registration REQUIRED at [www.pretzelcitysports.com](http://www.pretzelcitysports.com)**  
 (Nominal processing fee applies, closes at midnight, on January 8, 2025)  
**Day-of registration available – registration opens at 8:45am**  
**No mail-in registration available. No checks accepted.**

**RACE DIRECTOR:** Amy Wall, 215-538-1733 x107 or [awall@unitedfriendsschool.org](mailto:awall@unitedfriendsschool.org). For more information, please visit [www.unitedfriendsschool.org/fundraising-events](http://www.unitedfriendsschool.org/fundraising-events)

Last name \_\_\_\_\_ First name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Circle one: 5K 1M Age: \_\_\_\_\_ Gender: \_\_\_\_\_ (please specify gender identity if not male or female)

Shirt Size Youth: S M L XL XXL Adult: S M L XL XXL Phone: (\_\_\_\_) \_\_\_\_\_

Email: (print clearly) \_\_\_\_\_

**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, UNITED FRIENDS SCHOOL, 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 \_\_\_\_/\_\_\_\_/ 20\_\_