



Our mission is to cultivate a harmonious and nurturing sanctuary for animals while enhancing people's lives through educational interactions with animals, nature, and one another. [www.harmonyrar.org](http://www.harmonyrar.org)

# 2<sup>nd</sup> Annual Harmony 5K Hustle & 1 Mile Pup Strut

Benefits Harmony Retreat and Animal Rescue

Temple Ambler Campus, Ambler PA

Saturday, May 3, 2025 9:30AM 5K followed by the 1 Mile Walk

**WHO:** Runners of all ages. Gather your family, friends, and co-workers. Walkers are also invited to participate using the same course. The course is stroller and wheelchair accessible. Dogs are welcome.

**WHAT:** The 5K Run & 1 Mile Dog Walk is a fundraiser for Harmony Retreat & Animal Rescue. Raising money for the Animals (now) and for Building our Sanctuary.

**WHERE:** Temple Ambler Campus, 580 Meetinghouse Road, Ambler, PA.

**WHEN:** Saturday, May 3<sup>rd</sup> 2025

8:30a.m. – Registration begins

9:30 a.m.– 5K Run begins

9:35 – 1 Mile Dog Walk

Award presentation immediately following finish at Red Barn

**DIRECTIONS:**

- Temple Ambler Campus, 580 Meetinghouse Road, Ambler, PA.
- Registration table at the entrance

**QUESTIONS:** Contact Sandy Bohr 215-901-8459 or [sandy.bohr0709@gmail.com](mailto:sandy.bohr0709@gmail.com)

**HOW TO REGISTER:**

**Paper:** Complete the form below and submit the appropriate amount. Check/Money order payable to Harmony Retreat & Animal Rescue

**On-line REGISTRATION:**

<https://www.pretzelcitysports.com/online-registration/>

(Nominal service fee applies, closes midnight, Wed. of race week)

**5k & 1 Mile Walk Entry Fee:** \$25 if registered by April 12<sup>th</sup> includes a shirt. The fee for entries received after April 12<sup>th</sup>, including Race Day, is \$30, T-shirts available while supplies last Size requests will be honored to the best of our ability but size may be substituted.

**5k AWARDS:** Prizes will be presented to Overall Male and Female Champion. Prizes presented to top three (3) Male and Female finishers in each of the following age brackets: 14 and under, 15-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70+ years.

**RESULTS:** Finish line and timing service by Pretzel City Sports. Race Results posted on [www.pretzelcitysports.com](http://www.pretzelcitysports.com)

**REGISTRATION: Harmony Retreat and Animal Rescue, Inc.** Complete this portion. Detach and mail. Include \$25 early registration fee by April 12<sup>th</sup>. After the 12<sup>th</sup>, late and same day registration fee is \$30.

**Checks payable to: Harmony Retreat and Animal Rescue Mail To: HRAR 612 Whippen Hills Blue Bell PA 19422**

Name \_\_\_\_\_ Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Age (on Race Day) \_\_\_\_\_  
 Gender: Male Female Event (circle one): 5K RUNNER 5K WALKER 1 MILE DOG WALK  
 Phone \_\_\_\_\_ E-mail address \_\_\_\_\_

T-shirt size (circle one)  
 Youth M L  
 Adult S M L XL XXL

**WAIVER/RELEASE:** I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, and all their representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running in this event including, but not limited to: falls; contact with other participants; the effects of the weather, including high heat and/or humidity; and the condition of the road; all such risks being known and appreciated by me. I waive any and all claims if any injury is animal related. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event. I, the undersigned, am executing the following Waiver and Release of Liability and Indemnification Release as a participant in the Harmony 5K Hustle and 1 Mile Pup Strut. By signing below, I, as a participant, expressly understand, assume and consent to all the terms, conditions and risks set forth herein. Also, I do not hold the Harmony Retreat and Animal Rescue not Temple Ambler Campus, including its residents, members, partners, and volunteers liable for any such risk as illness, injury, paralysis, death and/or other losses and damages sustained by me or my dog(s) arising out of or in connection with the participation in this event. I, the undersigned acknowledge that my dog(s) has received and is current on all of the necessary vaccinations, including the rabies vaccine. Acknowledgement of Release of Terms and Conditions I, the undersigned, hereby represent that I have carefully read and fully understand the contents of this release and that this release is legally binding and enforceable, and that I agree to the terms and conditions of this release.

Signature X \_\_\_\_\_ Date \_\_\_\_\_

(Parent or guardian's signature if less than 18 years of age.)