

# UGLY SWEATER 5K

## & 1 MILE FUN WALK

Presented by Abington Police Association & CAPT

**Saturday, November 8, 2025 - 9 AM**

**Alverthorpe Park- 483 Forrest Avenue, Elkins Park PA 19027**

**LOCATION/REGISTRATION:** Registration and race start is at the Fox Chase Road entrance. Additional parking is available at the Forrest Avenue parking lot. Registration opens at 8A.M. and closes at 8:45 A.M. The race will begin at 9A.M. and the one mile fun walk will begin at 9:30 A.M.

**COURSE:** Wheel measured course; Rolling hills, great for all level runners. Course is closed and inside the park.

**AMENITIES:** Refreshments for finishers,, loads of parking, time clock at finish and instant results. The event will be held rain or shine. No refunds. Results on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) in 1-2 days.

**AWARDS:** Awards for the Overall Male & Female 5k winners and for the ugliest sweater. A digital race completion certificate will be emailed to each participant with their names and run times by the Abington Police Association.

**ENTRY:** \$25 5k registration fee, \$15 fun walk registration fee.

Online Registration Available at <https://www.pretzelcitysports.com/online-registration/>  
(Nominal service fee applies, closes at midnight, the Wednesday before race day)

**RACE LOCATION :** Alverthorpe Park, 483 Forrest Avenue, Elkins Park, PA 19027

**RACE DIRECTOR:** Sean Gargan, 267-536-1097, [Sgargan@Abingtonpa.gov](mailto:Sgargan@Abingtonpa.gov),

.....Please Print Clearly.....

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

Address \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_ Race day age: \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Race (circle one): 5K    1 mile Fun Walk    Sex:    M    F    Phone: (\_\_\_\_) \_\_\_\_\_ A.M. or P.M.??

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 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, **Abington Township Police Association and CAPT** 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 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, foreseen or unforeseen, known or unknown. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature \_\_\_\_\_ date \_\_\_\_/\_\_\_\_/ 20\_\_\_\_