

RUN INTO SPRING 5K

& 1 MILE FUN WALK



Presented by Abington Township Police Association & CAPT



Sunday, April 19, 2026-9 AM

Alverthorpe Park- 483 Forrest Avenue, Elkins Park PA 19027

LOCATION/REGISTRATION: Registration and race start will be at the Fox Chase Road entrance located at 900 Fox Chase Road, Elkins Park PA 19027. Additional parking is available at the Forrest Avenue parking lot at 483 Forrest Avenue, Elkins Park PA 19027. 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: Race Tech Shirts included, 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 in 1-2 days. **SHIRTS ARE INCLUDED BUT ONLY GUARANTEED UNTIL APRIL 1, 2026.** Shirts will be while supplies last after 04/01/26

AWARDS: Awards for the Overall Male & Female 5k winner. Awards will also be offered to the top three Male and Female winners in the following age brackets, 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, and 60 plus.

ENTRY: \$35 5k registration fee, \$15 fun walk registration fee. The price will increase to \$40 for the 5k and \$20 for the fun walk on 04/01/26. Race day registration will be available in person until 08:45 A.M. on 04/19/26.

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

For mail in registration please send your checks to 1166 Old York Road Abington Pa 19001 (Attention Officer Sean Gargan). Make checks payable to: Abington CAPT. Mail in registration must be sent no later than 04/01/2026.

RACE DIRECTOR: **Sean Gargan, 267-536-1097, Sgargan@Abingtonpa.gov**

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

Last name _____

First name _____

Address _____

City/State _____ Zip _____

Race day age: _____

Date of birth / /

Sex: M F

Email _____ @ _____

Phone: () _____

Race (circle one): **5K** **1 mile Fun Walk**

Shirt size (circle one) **S** **M** **L** **XL** **XXL**

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 or 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 _____ / _____ / _____