

Second Annual fundraising run in memory of David V. Manners

# Dave's Dash 5k Run

## & 1 Mile Fun Run/Walk

**Sun, Sept 27, 2026 \* 9:00 A.M \* Souderton, PA**

**LOCATION:** Souderton Borough Community Park, 459 Wile Avenue, Souderton, PA

**Registration/number pickup opens at 7:30 a.m. Fun run/Walk starts at 9:10 am, 5k starts at 9:00 a.m.**

**COURSE:** The course will be run through local parks and streets in Souderton. Some hills incorporated throughout. Clock at finish, refreshments, mile splits, instant results. Rain or shine. No refunds or mailed awards.

**AWARDS:** 5K: Top M & F plus medals for: 14 & under: 3M, 3F 15-19: 3M, 3F 20-29: 3M, 3F 30-39: 3M, 3F 40-49: 3M, 3F 50-59: 3M, 3F 60-69: 3M, 3F 70+: 2M, 2F

**1 Mile Fun Run/Walk is for ALL Ages!**

**Note:** Kids participating in both the 5k & fun run must enter twice

**ENTRY:** 5k: \$30 if postmarked by Mon., Sept 14, 2026, t-shirt guaranteed. Afterwards, including race day, \$35 including t-shirt while they last, \$30 when t-shirts run out.

1 Mile Fun Run/Walk: Adults (13 & Over) \$30, t-shirt guaranteed. \$35 after Sept 14, t-shirt included until gone: \$30 after t-shirts run out. For Children 12 & under. \$10 if in either race. t-shirts are NOT included. In the spirit of keeping the Fun Run/Walk fun, no awards will be given.

**Optional Online Registration available at [www.pretzelcitysports.com](http://www.pretzelcitysports.com)**

(Nominal processing fee applies, closes at midnight, the Wed. of race week)

Race proceeds will be donated to John Hopkins Heart and Vascular Institute in memory of David V. Manners, dedicated husband and father, avid runner, well-respected school counselor, and advocate for mindfulness to reduce anxiety in teenagers.

**RACE DIRECTOR:** Tiffany Manners, 267-772-0172 or [tiffmanners@gmail.com](mailto:tiffmanners@gmail.com) **MAKE CHECK PAYABLE TO Tiffany Manners MAIL CHECK& FORM BELOW TO: Tiffany Manners, 52 West Summit Street, Souderton, PA 18964**

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

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

Circle one: 5K 1M Sex: M F Race day age: \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Shirt Size (circle one): S M L XL Phone: (\_\_\_\_) \_\_\_\_\_ A.M. or P.M.??  
circle one or both

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 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 affects 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, the organizers of Dave's Dash, 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 what so ever 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 what so ever, 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 \_\_\_\_/\_\_\_\_/ 2026