

2nd Annual Celebration 5K Run Norristown, PA July 3, 2010 8:30am

In celebration of our country's birthday, East Norriton, West Norriton, and Norristown are pleased to present the 2nd Annual Celebration 5K run. The course will begin at Norristown Area High School and wind its way over to the Norristown Farm Park. All proceeds from the run will be donated to "Mission Kids".

Registration: The cost of the race is \$20.00 if your entry is postmarked before 6/18/10.
Registration after *June 18th* and on race day is \$25.00.
Registration on the day of the race begins at 7:00am and ends at 8:15am.

The first **200** registrants for the 5k will receive a t-shirt..
A limited number of t-shirts will be available on race day.
Post-registration is not guaranteed a shirt.

Awards: Trophies & \$100 cash to overall male and female winner. Awards ceremony begins at 10:00am.
Age group awards on the reverse: (number in brackets indicates number of awards in that group)
Awards to fastest East Norriton, West Norriton, and Borough of Norristown Residents (male/female).

Course Records: A \$50 bonus to the runner that sets a new course record for men and/or women.
MEN—John Gries 15:19
WOMEN—Christa Johnson 18:40

—————TEAR HERE AND MAIL!—————

Make Checks payable to: West Norriton Township or East Norriton Township or Municipality of Norristown

Mail check and completed form to:

West Norriton Township Celebration 5K Run 1630 W. Marshall St. Jeffersonville, PA 19403	or	East Norriton Township Celebration 5k Run 2501 Stanbridge St. Norristown, PA 19401	or	Municipality of Norristown Celebration 5k Run 235 E. Airy St. Norristown, PA 19401
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T-shirt size _____ (medium, large, XL, or XXL)

total amount enclosed _____

Name _____	Gender _____	Date of Birth _____	Age on race day _____
Mailing Address _____		Phone number _____	
Email address _____		(please print!)	

I am a resident of _____ East Norriton Township _____ West Norriton Township _____ Borough of Norristown

Waiver: All participants must sign this waiver. Running a 5K road race requires physical stamina and endurance. By signing this I certify I am prepared for the race and any weather conditions. I waive all right for claims of injuries which may result from my participation in the Celebration 5K. I release East Norriton Township, West Norriton Township, the race directors, Neil Schafer, Brian Kennedy and the Borough of Norristown or any other persons connected with the race to use my photo, name, or result in any media. I understand there are no refunds and that the decision of the race director is final. I accept that there is human error and will accept any time discrepancies. Runners under the age of 18 must have a parent or guardian sign as well. All P.I.A.A. and NCAA guidelines will be followed, but student-athletes should use caution when accepting awards. Please use one form per runner. The decision of the race timer is final.

Signature _____ Date _____ If under 18—parent/guardian _____

<p><u>Female:</u></p> <p>18 & under (3) 19-24 (3) 25-29 (3) 30-34 (3) 35-39 (3) 40-49 (5) 50-59 (5) 60-69 (3) 70 & over (2)</p>	<p>No duplicate awards! Race is run rain or shine!</p>	<p><u>Male:</u></p> <p>18 & under (3) 19-24 (3) 25-29 (3) 30-34 (3) 35-39 (3) 40-49 (5) 50-59 (5) 60-69 (3) 70-79 (2)</p>
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Course description: The course is run on paved road. The course will start and end at Norristown Area High School. The race will cross over Whitehall Road at approximately the 3/4 mile mark. Police will block traffic. The course will loop through the Norristown Farm Park and return back to the High School. The Farm Park is closed to traffic, but caution should still be used. Mile splits will be marked. Water will be at the approximate halfway point. Runners can expect beautiful scenery and some rolling hills.

Thanks to:



Timing provided by:
Peak Race Timing
www.peakrace.com