



The Sigma Phi Lambda Fraternity is holding their second annual 5-K race.

All the proceeds will be donated to LaSalle Academy.

October 29th at LaSalle University. Race begins at 9:30. The cost of the race is \$20. All runners get a free T-Shirt. Top finishers will be awarded prizes.

Sign up or donate online by 5 PM October 26th with credit at

www.pretzelcitysports.com Cash donations, sign ups or questions

contact

James Brennan; 215-817-4809, sigphik@gmail.com.

Coach Torpey Sig Phive K Run for La Salle Academy

Saturday, October 29, 2011 @ La Salle University, Philadelphia, PA

8:00 AM Registration @ McCarthy Stadium

9:00 AM 1 Mile Walk Start/9:30 AM 5K Race Start

Online Registration: www.pretzelcitysports.com

Mail In Registration:

Teresa Diamond, Principal, La Salle Academy,

1434 N 2nd Street, Philadelphia, PA 19122

Email: teresadiamond1@verizon.net

Checks Payable to LaSalle Academy

Name _____

Address _____ City _____ State ____ Zip _____

Email _____

T-Shirt Size: S M L XL XXL

Registration Fee: 5K: \$20 Adults/ \$10 Students 1 Mile Fun Walk: \$10

Payment Options: Cash Check (Payable to La Salle Academy) Credit Card

Credit Card (circle one): VISA MASTERCARD DISCOVER Account

#: _____

Expiration Date: _____ Signature: _____

Waiver: I know that running in a foot race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly

trained. I agree to abide by any and all decisions of a race official relative to my ability to safely complete the run. I assume all risks associated

with running participants, the effects of weather, including high heat and humidity or extreme cold, traffic and conditions of the race course, all

such risks being known and appreciated by me. In consideration of granting the undersigned permission, having read this waiver, I, for myself

and anyone entitled to act on my behalf, waive, release and forever discharge Pretzel City Sports, LaSalle Academy, La Salle

University, their officers, directors, employees and all sponsors, their representatives and successors from all claims or liabilities of any kind

arising out of my participation in this event even if caused in whole or in part by any negligence, strict liability, actions or inactions of the

Released Parties. As a licensee, I assume the risk of all dangerous conditions on or about the premises and waive notice of the existence of any

such conditions. I grant permission to all the foregoing groups to use any photographs, motion pictures, recordings or other record of this event

for any legitimate purpose, without compensation. I understand that this is a race not ideal for baby joggers, headphones, skates, rollerblades,

and pets on leashes, and I will abide by these guidelines.

Signature _____ Date _____

Please return form and registration fee to:

Teresa Diamond, Principal, La Salle Academy, 1434 N 2nd Street, Philadelphia, PA 19122

Email: teresadiamond1@verizon.net