

4th Annual
Celebration 5K Run
Norristown, PA
July 4, 2012
8:30am

In celebration of our country's birthday, East Norriton, West Norriton, and the Municipality of Norristown present the 4th Annual Celebration 5K run. The course will begin and end at Norristown Area High School and will mostly be in the Norristown Farm Park. Proceeds from the race will be donated to **The Norristown Library**.

Registration: *Early bird* registration is only \$15 if it is postmarked by May 1st! A real bargain!
The cost of the race is \$20.00 if your entry is postmarked before June 18th, 2012.
Registration after *June 19th* and on race day is \$25.00. Registration begins at 7:00am on race day.
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 high-quality TECH shirt.
A limited number of t-shirts will be available on race day. Last year's shirts were a hit!

Awards: Trophies & \$100 cash to overall male and female winner. Age groups awards totally over 65 awards.
Awards to fastest East Norriton, West Norriton, and Municipality 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 15:16 WOMEN—Christa Johnson 18:40

TEAR HERE AND MAIL!

Make Checks payable to: West Norriton Township

Mail check and completed form to:

West Norriton Township
Celebration 5K Run
1630 W. Marshall St.
Jeffersonville, PA 19403

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!)

Borough/Township/Municipality that you live in _____

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, Neil Schafer, Brian Kennedy and the Municipality 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 _____

Age group award numbers are based on last year's race. No duplicate awards except for fastest residents!

Female:

- 18 & under (3)
- 19-24 (3)
- 25-29 (3)
- 30-34 (3)
- 35-39 (4)
- 40-49 (7)
- 50-59 (7)
- 60-69 (3)
- 70 & over (1)

Male:

- 18 & under (3)
- 19-24 (3)
- 25-29 (3)
- 30-34 (3)
- 35-39 (5)
- 40-49 (6)
- 50-59 (5)
- 60-69 (2)
- 70-over (1)

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 into the park. 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.

Questions? Email Neil at celebration5k@yahoo.com