



COBCARES 5K

Sunday September 25, 2016

At DeSales University, Center Valley, PA

Runners start at 8:30 am

Walkers and rollers start at 8:45 am - 1 mile
SPONSORED BY DESALES ALPHA PHI OMEGA

LOCATION/REGISTRATION: The McShea Student Center, 2755 Station Ave. Center Valley, PA 18034 beginning at 7 am. Look for signage and volunteers.

COURSE: Enjoy the 5K run or mile walk on rolling macadam through the beautiful DeSales campus!

AMENITIES: T-Shirts to all who pre-register before September 11, 2016. Refreshments at finish line, indoor restroom facilities, parking and time clock at finish. Held rain or shine. Results will be posted to www.pretzelcitysports.com in 1-2 days.

AWARDS: Awards will be given to top two male and female finishers in each age group. Age groups include 13 and under, 14-19, 20-29, 30-39, 40-49, 50-59, 60+

REGISTRATION AND FEE: Entry fee is \$10 for kids (13 and under) Early registration fee for all others is \$25 for entries received on or before September 11, 2016. Registration fee is \$30 for all entries received after September 11, 2016, including race day. Online registration is available at www.pretzelcitysports.com (nominal processing fee applies)

WEBSITE: www.cobcares.org for more info on our charity and 5K registration.

PLEASE MAIL CHECK PAYABLE TO: COBCARES 5K & mail form below to:
St. John's UCC ATTN: COBCARES 5K
538 E. Thomas Street
Coopersburg, PA 18036

Contact Nancy at nancy.carr813@gmail.com or 484-201-3405 for more information or questions

-----**PLEASE PRINT CLEARLY**-----

Last Name _____ First Name _____
 Address _____
 City _____ State _____ Race day age _____ Date of birth _____
 Distance (circle one): 5K 1 mile walk/roll Sex: M F Phone _____
 Shirt size (circle one) S M L XL XXL email _____

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, COBCARES 5K, DeSales University, 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 and COBCARES 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 / / 2016