

# Carolyn Keen '10 Memorial 5K Run/Walk



# Saturday, Sept. 24, 2016 Race starts at 9 a.m.

## REGISTRATION FORM



On the grounds of

**Gwynedd Mercy Academy High School**



1345 Summeytown Pike, Gwynedd Valley, PA 19437

**The CK5K event raises funds to support the Carolyn Keen '10 Memorial Scholarship that was started in memory of Carolyn Keen '10** who lost her life in a car accident in her junior year. Carolyn was a member of the Cross Country and Track team so a 5K is a perfect way to celebrate her talents and contributions to the Gwynedd community and keep her memory alive. The scholarship is awarded every year to a rising Junior at Gwynedd who has displayed admirable dedication and commitment to her school, just like Carolyn, and who's family will benefit from the assistance with her tuition costs.

**The CK5K 5K Run/Walk welcomes runners and walkers of all levels and ages.** The all-terrain course follows the paved and grass paths on the bucolic Gwynedd Mercy Academy High School and adjacent 150-acre university campus. The 5K Run is professionally timed. Awards given for 1st and 2nd place Male and Female Overall, as well as 1st Place Male and Female in seven different divisions: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59 and 60 and older.

**Registration:** **\$25** if you register by Sept. 11. You will receive a CK5K T-Shirt!  
Registration begins at 7 a.m. on Race Day **\$30** if you register after Sept. 11 through Race Day. T-Shirts given while supply lasts.

**Mail entry to:** CK5K  
c/o Pretzel City Sports  
112 West 36th Street  
Reading, PA 19606

Make checks payable to *Gwynedd Mercy Academy High School* and memo: CK5K

**Or register online at [www.pretzelcitysports.com](http://www.pretzelcitysports.com)**

**Details online** at [www.gmahs.org/ck5k](http://www.gmahs.org/ck5k)

**Questions?**  
Call Race Chairperson Christine Donnelly '09 at (215) 896-0839 or email [christinewdonnelly@gmail.com](mailto:christinewdonnelly@gmail.com).



Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Sex:  M  F  
 Race day age \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Shirt size (circle) S M L XL  
 Phone ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_ Email \_\_\_\_\_

Runner  
 Walker

**WAIVER:** I know that running a trail run is a potentially hazardous activity. I shouldn't enter or run unless I am medically able & properly trained. I also know that there will be traffic, hazards, debris, and poor footing on the course and assume the risk for running on it. I also assume any or all other risks associated with running to attending the race including but not limited to falls, contact with other participants, the affect of the weather, the conditions of the roads and getting lost, all such risks being known and appreciated by me. Knowing these facts, and in consideration of you 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 owners of the properties on which the race is run or held, the race committee, volunteers, all other organizations directly or indirectly associated with the race and or all claims or liability for death, personal injury or property unknown. By entering this race, I am granting permission to GMAHS 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.**

Signature \_\_\_\_\_ Date \_\_\_\_\_