



5K RUN FOR THE PARK LIMERICK, PA

Sunday, July 10, 2016

8:00 AM start

Limerick Community Park

5K Run / 1 Mile Fun Run & Walk* for the Park Event is RAIN or SHINE!

Check-In Time: 6:30AM-7:45AM

1 Mile Run/Walk Start: 8:00AM

5k Start: 8:15 AM

5k Fees: \$25 - preregistered by 6/24
Includes t-shirt & swag bag!

1 Miler Fees: \$15 - preregistered by 6/24
Includes t-shirt & swag bag!

\$30 - registered after 6/24
T-shirt & swag bag while supplies last

\$20 - registered after 6/24
T-shirt & swag bag while supplies last

- AWARDS:** Trophies to the first male & female overall. Medals to first 3 male & female in following age groups: 14 & under, 15-18, 19-29 yrs., 30-39 yrs., 40-49 yrs., 50-59 yrs., 60+. (*Awards will not be mailed.*)
- AMENITIES:** 2016 Run/Walk for the Park t-shirt and swag bag to all early registrants (post-marked 6/24) and all others while supplies last. Post-race refreshments and food, time clock at finish and instant results.
- RACE COURSE:** 5K run begins in Limerick Community Park and continues out to the back roads before coming back into the park. Mostly flat and completely asphalt terrain. 1 mile run/walk entirely in park on paved, flat surface.
- KIDZONE AREA:** Bring the kids to the run! While you participate in the run or walk, Limerick Parks & Recreation summer camp staff will supervise children in play area with games and free play. Free! Opens at 7:30am
- GENERAL INFO:** Mail payment and registration form to Limerick Parks & Recreation, 646 W. Ridge Pike, Limerick, PA 19468. Make checks payable to "Limerick Township". Website: www.limerickpa.org. Questions? Contact Ryan Yanchocik, at 610-495-6432x151 or ryanchocik@limerickpa.org

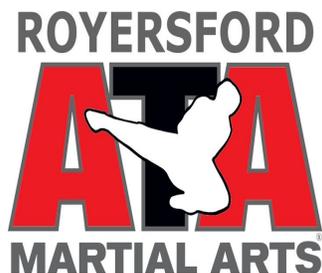
**5k Run is for runners only. All walkers should register for the 1 Mile Run/Walk. 1 Miler is not timed and no awards will be given.*

ONLINE REGISTRATION AVAILABLE AT WWW.ACTIVE.COM
(Online registration closes at 3:00PM on Friday, July 8)



3208 W. Ridge Pike
Pottstown, PA

THANK YOU to our 2016 sponsors:



Course map & registration on back!



5k Run for the Park 2016

- Begins at Ziegler road
- Ziegler to Graterford,
- Graterford to Moses,
- Around the cul de sac at Moses and back to Graterford
- Graterford to Ziegler
- Finishes with one lap around the paved trail at Limerick Community Park



5k Run/Walk for the Park 2016- REGISTRATION FORM

I'm registering for the: **5k Run** **1 Mile Run/Walk**

Last Name: _____ First Name: _____

Address: _____ City/State: _____ Zip: _____

Phone: _____ Date of Birth ____/____/____ Age at Race: _____ Male or Female

E-Mail: _____

T-shirt size: S M L XL XXL Amount Enclosed: _____ Additional Manderach Renovation Donation: _____

PLEASE READ THE FOLLOWING HOLD HARMLESS AGREEMENT AND SIGN BELOW BEFORE SUBMITTING ENTRY: Any participant and/or his guardian, in which he has registered does hereby: (1) Agree to assume all risks & responsibilities of possible damage/ injury involved through participation in said activity. I understand I am to furnish my own insurance in case of injury.(2) Request permission to participate in the activity with the full knowledge that the said activity could result in damage or injury to me. (3) Agree to indemnify and hold harmless the Township, its department and agents from liability for personal injury or property damage resulting from my participation in said activity. (4) Agree to allow Limerick Township to use any photos taken at an activity for future township publications. Signature confirms that participant has read and agrees to Limerick P&R Hold Harmless Agreement.

X _____
Signature (Parent must sign if participant is under 18 years)

Date: _____