

ACPPA Community Art Center presents the 6th Annual



Thursday Evening, July 21, 2016

Registration/number pickup opens at 5:30pm. 5k starts at 7:00pm, 2m stroll & roll starts at 6:45pm.

Clock at finish, refreshments, mile splits, instant results. Rain or shine. No refunds or mailed awards.

LOCATION: Norristown Farm Park, Whitehall Road Entrance

5k COURSE: Paved out and back with hilly terrain along creek with plenty of shade

AWARDS: 5K: Awards for Top Male and Female Finishers plus: 12 & under: 3M, 3F 13-18: 3M, 3F 19-29: 3M, 3F 30-39:3M, 3F 40-49: 3M, 3F 50-59: 3M, 3F 60+: 3M, 3F

2015 Course Top Finishers: Mens: K. Weir: 17:09 Women: C. Rodgers: 23.57

5k/2m - Pre-Registration, postmarked or Online registration by July 1, 2016: \$25 Adults/Youth 13 & over, regular short sleeve T-shirt guaranteed in requested size, \$8 Children 12 & Under, event t-shirt not included with this registration

5k/2m - Registration after July 1, up until and including Day of Race: \$30, Adults/Youth 13 & over, event t-shirts available while supplies last, \$12 Children 12 & Under, event t-shirt not included

DIRECTIONS: Use 401 N Whitehall Road, Norristown, PA 19403 in your GPS. Parking is available both in the Farm Park lot as well as in the Norristown Area School District Administration Building lot across the street.

Optional online registration available on www.pretzelcitysports.com (nominal processing fee applies, closes at Mon, 7/18 at midnight)

MAIL CHECK PAYABLE TO "ACPPA" & FORM BELOW TO: ACPPA, 506 Haws Avenue, Norristown, PA 19401 Information: 610.277.2270, info@acppa.net, or www.acppa.net

Last name \_\_\_\_\_ First name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Circle one: 5K 2M Sex: M F Race day age: \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Shirt Size (circle one) : S M L XL Phone: (\_\_\_\_) \_\_\_\_\_ A.M. or P.M.?? NO SHIRTS FOR UNDER 13 ENTRIES-may be available for purchase that day circle one or both

Email: (print clearly) \_\_\_\_\_

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 affects 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, ACPPA, 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 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