

SHINE YOUR LIGHT GLOW RUN

5K and 1 Mile Fun Run/Walk

Saturday, September 24, 2016 (Rain or Shine)

START AND FINISH: Back of Wilson West Middle School (450 Faust Road, Sinking Spring, PA 19608)

All proceeds benefit the Short Term Mission teams of Community Evangelical Church

SCHEDULE

6:00-6:45pm.....Registration
 7:00pm.....5K
 8:00pm.....1 Mile Fun Run

ENTRY FEES - 5K

Pre-Registration Fee = \$25 by 9/10/16
 Late Registration Fee = \$30 after 9/10/16

ENTRY FEES - 1 Mile Fun Run/Walk

Pre-Registration Fee* = \$8 by 9/10/16
 Late Registration Fee* = \$10 after 9/10/16
 *Cotton Shirts only with pre-registration for fun run
 No charge for 1 mile fun run if you participate in 5K

QUESTIONS? CALL OR EMAIL:

Heidi O'Boyle, Chair

484-955-5683

heidioeboyle@comcast.net

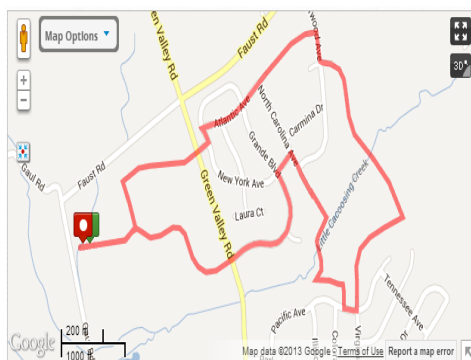
T-SHIRTS

Moisture wicking t-shirts guaranteed to all pre-registered participants. T-shirts available for post 9/10 registrants on race day while supplies last.

REGISTER VIA MAIL OR ONLINE @ www.pretzelcitysports.com

AWARDS

- Top Male & Female Finisher
- Top 3 Male & Female Finishers in each Age Group
- Age Groups: 13 & Under, 14-19, 20-29, 30-39, 40-49, 50-59, 60+



COURSE DESCRIPTION

- Semi-closed course
- All surfaces are macadam or gravel
- Timing by Pretzel City Sports
- Results posted on www.pretzelcitysports.com
- Water stations at halfway and start/finish points
- Lead and sweep vehicle for 5K and 1 mile fun run
- Restroom facilities available in the school
- Refreshments following race

Entry Fee Enclosed (Nonrefundable): \$ _____. I cannot run or walk in this event but would like to donate \$ _____.

ONE ENTRY FORM PER PERSON. PLEASE PRINT.

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

PHONE: _____ EMAIL: _____

AGE ON RACE DAY: _____ SEX: MALE _____ FEMALE _____ DATE OF BIRTH: _____

REGISTERING FOR: 5K _____ T-SHIRT SIZE: ADULT MENS S ___ M ___ L ___ XL ___ XXL ___ LADIES S ___ M ___ L ___ XL ___ XXL ___

1MILE FUN RUN _____ T-SHIRT SIZE YOUTH S ___ M ___ L ___ XL _____

PLEASE MAKE CHECKS PAYABLE TO AND MAIL (WITH SIGNED WAIVER) TO: COMMUNITY EVANGELICAL CHURCH
 51 GREEN VALLEY RD. SINKING SPRING, PA 19608

WAIVER: I understand that participating in a 5K or 1 Mile Fun Run could be potentially hazardous and that I should not enter unless I am medically able and properly trained. I also acknowledge that some of the footing on the course may be poor, and I assume the risk of running on it. I also assume all other risks associated with running this race including but not limited to falls, contact with other participants, the effects of weather, and the conditions of the course. Knowing these facts and in consideration of your acceptance of my entry and 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 Community Evangelical Church and their affiliates, the race committee, volunteers, and any and all sponsors including their agents, employees, assigns or anyone acting on their behalf for any or all claims of every kind of nature whatsoever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to the Community Evangelical Church to use any pictures or likenesses of me secured at the event in any way they see fit without my review, restriction or compensation. Fees are nonrefundable and nontransferable. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign).

SIGNATURE: _____ DATE: _____

(PARTICIPANT OR GUARDIAN IF UNDER 18 YEARS OLD)