

# Speedy Trial 5K

## Description

- Professionally timed 5K run
- Accurately measured course
- Proceeds benefit: **MidPenn Legal Services** and **VITA**
- Course through surrounding neighborhoods, starting and finishing at **Widener University Commonwealth Law School**
- 1 Mile Fun Run @ 9:30, 5K @ 10
- Families, strollers, and all ages welcomed!
- Fun legal or lawyer-like costumes encouraged!

## Race Amenities

- **Widener Law Commonwealth** is your host
- Long Sleeve tee guaranteed to everyone that registers by **April 2<sup>nd</sup>**. **After that, while supplies last, based on date of entry so still enter before race**
- Drawstring bag
- Post-event ceremony & refreshments
- Professional Timing, results on web 1<sup>st</sup> business day after race
- Pre and Post-Race Music
- Race Day Packet Pick-Up from 8:15am to 9:15am

Questions? Contact Landa Porter  
(484) 664 – 9102, or  
phialphadeltapepperchapter@gmail.com

## Awards

- OVERALL MALE AND FEMALE (5K) TOP 3
- AGE GROUP AWARDS 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>  
19 and below, 20's, 30's, 40's, 50's, 60+

Entry Fees (Run or Walk)  
**Pre-registration**  
**ON-LINE OR MAIL IN (if postmarked by April 2nd)**

- \$20 1-Mile Fun Run
- \$20 5K- Widener Students, Alum, Staff & Faculty
- \$25 5K- All Other Participants

**NOTE!: After April 2<sup>nd</sup>, including Race Day ADD \$5 to race fee listed above!**

**Optional online Registration at:**  
[WWW.PRETZELCITYSPORTS.COM](http://WWW.PRETZELCITYSPORTS.COM)  
(closes Wed. before race at midnight, small processing fee applies)

**MAIL IN OR DROP-OFF: Send Entry Form & Checks Payable to "Widener University" and return to below address:**

**Widener Law Commonwealth**  
3800 Vartan Way  
P.O. Box 69380  
Harrisburg, PA 17106-9380

**Rain or Shine**  
**Fees are not Refundable**

**Optional Advanced Packet Pick-Up**  
At Widener Civil Law Clinic, 3605 Vartan Way, Suite 201, 12pm to 7pm, April 15.

Please Print – **Entry Form – One Per Person**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Date of \_\_\_\_\_  
 Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_  
 Birth \_\_\_\_\_ Age on race day \_\_\_\_\_ Phone \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Registering for: 5K Run 1 Mile Fun Run Adult T-shirt Size S M L XL XXL Child L  
 Fee Enclosed \$ \_\_\_\_\_ (Checks payable to Widener University)

**Waiver and Release:** 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, Widener University, Phi Alpha Delta, 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 or on their behalf, or anyone else associated in any way with the race, from any and all claims or liability for death, personal injury or property damage of any kind or 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:** \_\_\_\_\_

*Sponsored By:*



LexisNexis

Visit [www.pretzelcitysports.com](http://www.pretzelcitysports.com) for results on 1st business day after the race.

**About Our Recipients:**

MidPenn Legal Services & Volunteer Income Tax Assistance (VITA) are organizations that provide free legal services to low income individuals and families within our local community.



Widener Law Commonwealth  
3800 Vartan Way  
P.O. Box 69380  
Harrisburg, PA 17106-9380

Inaugural  
**SPEEDY TRIALS 5K**

**&  
1-Mile Fun Run**



**Saturday, April. 16, 2016**  
**Harrisburg, PA**  
9:30 AM Fun Run, 5k at 10.

Long Sleeve T-Shirt  
Refreshments  
Professionally Timed

Presented by:  
Phi Alpha Delta – Pepper Chapter  
Hosted by:  
Widener Law Commonwealth-  
Harrisburg, PA

Proceeds benefit  
MidPenn Legal Services & Volunteer  
Income Tax Assistance (VITA)