



# Pride of Quakertown's Dash & Dip

## 5K Run/Walk, 5K 3-Person Relay and 1 Mile Family Fun Run

### Saturday, August 3<sup>rd</sup> 8:00 AM Family Fun Run/8:30 AM 5K

### Quakertown, PA 18951

**All runners and their families will have admission to the Quakertown Pool following the race.**

**5K RUN/WALK** - \$25 if postmarked or online by Tuesday, July 16th. \$30 if postmarked after Tuesday, July 16th, including day of race.

**1 MILE KIDS RUN** - \$15 if postmarked or online by Tuesday, July 16th. \$20 if postmarked after Tuesday, July 16th, including day of race.

**FAMILY PACKAGE** – Includes up to 4 participants in either non-relay race. \$70 if postmarked or online by Tuesday, July 16th. \$75 if postmarked after Tuesday, July 16th, including day of race.

**3-PERSON TEAM RELAY** - \$60 if postmarked or online by Tuesday, July 16<sup>th</sup>. \$70 if postmarked or online after Tuesday, July 16th, including day of race. Each person will run approximately 1 mile. Each relay must include one female.

Make checks payable to 'Pride of Quakertown'  
 Mail to: Pride of Quakertown  
 P.O. Box 437  
 Quakertown, PA 18951  
 Attn: 5K Entry

**WHERE:** Quakertown Pool  
 601 W. Mill Street, Quakertown, PA 18951

**WHEN:** Saturday, August 3, 2019  
 7:00 AM – Registration Opens  
 8:00 AM – 1 Mile Family Fun Run/Walk  
 8:30 AM – 5K Run/Walk & 5K 3-Person Relay  
 9:00 AM – Pool is Open

**AMENITIES:** T-shirt to all pre-registrants postmarked by Tuesday, July 16th and then 'get them while they last.' Wheel measured course, water on course. Refreshments, toilet facilities, finish line, and timing service by Pretzel City Sports. Held rain or shine. No refunds or mailed awards. Results on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) by Monday following the race.

**AWARDS:** M & F overall winners, plus top 3 finishers M & F in age groups: 14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70+. No duplication.

**COURSE:** Race begins in Quakertown Pool parking lot and loops on flat, paved path through Quakertown Memorial Park and onto the streets of Quakertown.

For more information about the event, contact Melissa Welsh at [prideofquakertown@yahoo.com](mailto:prideofquakertown@yahoo.com) or (610) 513-7589. Proceeds benefit the Pride of Quakertown Youth Scholarship Program. For more information about the Pride of Quakertown, visit our website at [www.prideofquakertown.org](http://www.prideofquakertown.org).

Detach and mail this portion. **ONE FORM PER RUNNER.** You can also register online at [prideofquakertown.org](http://prideofquakertown.org).

LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_ EVENT (CIRCLE ONE): 5K RUNNER 5K WALKER 5K RELAY MEMBER FAMILY RUN

DATE OF BIRTH: \_\_\_\_/\_\_\_\_/\_\_\_\_ AGE ON DAY OF RACE: \_\_\_\_ GENDER: MALE/FEMALE TEAM RELAY NAME: \_\_\_\_\_

T-SHIRT SIZE (CIRCLE ONE): YOUTH – Small (size 6-8) Medium (size 10-12) Large (size 14-16)  
 ADULT - Small Medium Large X-Large XX-Large

PHONE \_\_\_\_\_ EMAIL: \_\_\_\_\_

**WAIVER (must sign):** 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 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 weather and the condition of the paths, 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 Pride of Quakertown, Pretzel City Sports and 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 anyway with the race, from any or all claims or liability for death, person 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 of nature what so ever, foreseen or unforeseen, known or unknown. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)**PHOTOGRAPHIC RELEASE.** I grant and convey to the Pride of Quakertown all right, title and interests in any and all photographs, images, video or audio recordings of me or my likeness or my voice, made in connection with my participation in the Event.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_  
*(Parent or guardian's signature if less than 18 years of age.)*