

Gutman Parents' Association
Invites You To Our
10th Annual
Runny Nose 5K Run/1 Mile Walk
March 22, 2020
Lorimer Park, Abington, PA

Schedule:

8:30am Registration (at Lorimer Park in the main parking lot)
9:30am 5K Run (**New Start Time!**)
9:40am 1 Mile Walk
10:30am Awards and celebration
10:45am Kids 75 Yard Dash (all finishers receive a ribbon)

Registration:

Register at www.pretzelcitysports.com or by mail (see back for details)

Entry Fees:

\$15 – Students up to and including age 18 (if pre-registered by 3/15/2020)

\$20 – Adults (if pre-registered by 3/15/2020)

\$25 – Students & Adults registered after 3/15 & day of race (walk-ups welcome!)

FREE – Kids under 12 for 75 yard dash (each child gets a ribbon)

5K Run Age Groups
(Male & Female)

14 & Under, 15-19, 20-29,
30-39, 40-49, 50-59, 60+

Awards Ceremony
5K

- **Top three male and female overall**
- **Age group awards. Top three athletes (Male & Female) per age group**

The Course

Are you sick of boring road races on asphalt? Run our beautiful cross country style course through the Lorimer Park rail trails. The races will start and finish at the park.

Race Address

Lorimer Park
183 Moredon Road
Abington, PA 19006

Join us after the 5K for a post-race celebration as we recognize all who participate in this exciting event, and award those who've placed in each category. Enjoy snacks and more!

Entry Form

Please complete one form per person (including kids)

Name _____

Age: ____ Birthdate: _____

Sex: Male Female (Circle One)

Address _____

City _____

State _____ Zip _____

Phone _____

Email address _____

Check Event Below:

5K Run ____ 1 Mile Walk ____ Kids Dash ____

WAIVER: I know that running a 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 may 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 and/or trails, 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, Lorimer Park and Federation Early Learning Services 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 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. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____

Must be signed by parent/guardian if participant is under 18

Mail Entry Forms to
Scott Gill
8102 Cedar Road
Elkins Park, PA 19027

**Make Checks Payable to:
Federation Early Learning Services
(FELS)**

for More Information or
Optional Online Registration
Visit www.pretzelcitysports.com
(Online registration closes at midnight 3/18/2020;
nominal service fee applies)

Sponsorships and Donations

There are a variety of ways to be involved with the Gutman Parents' Association Runny Nose 5K event. Even if you do not plan to participate, you can support our efforts with a donation or sign up for a sponsorship and receive great advertising benefits. To obtain information on sponsorship levels, please contact Scott Gill at 732.673.7353 or RunnyNose5K@gmail.com



Mary Bert Gutman Early Learning Center

Gutman Parents' Association 10th Annual Runny Nose 5K & 1 Mile Walk

Sunday, March 22, 2020

9:30am

Lorimer Park
Abington, PA