



Sat, Sept 14, Blue Bell PA 19422
Registration: 8:00 AM, 5K 9:00 AM

LOCATION/REGISTRATION/RACE TIMES: Starts and ends at Health Science Center, Montgomery County. Community College, 340 DeKalb Pk, Blue Bell, PA 19422 Registration: 8:00 AM, Race Times: 5K 9:00, KidsFun Run and Walkers 9:15

COURSE: Measured, Fast, Safe, Flat course around campus and part of the Crossways Campus Trail. Marshals at all key locations.

AMENITIES: Free t-shirts guaranteed if registered by August 31. Free food, beverages, indoor toilet facilities, loads of parking, time clock at finish and instant results. Every participant gets 2 Free Raffle Tickets and gift bag. Rain or Shine. No refunds or mailed awards. Results on www.pretzelcitysports.com in 1-2 days.

AWARDS: Awards for the Overall Male & Female winners plus: 13 & Under : 3M, 3F 14 - 19: 3M, 3F 20-29: 3M, 3F 30-39: 3M,3F 40-49: 3M, 3F 50-59: 3M, 3F 60-69: 3M, 3F and 70+: 3M, 3F and Top B, G Kids Run.

ENTRY PRICING: 5K (Adult ages 16+ fee) \$25 if postmarked by July 3, 2024, Then \$30 until Aug 31, Afterwards, inc. day of race, \$35 5K (Kids ages 15 and younger fee) \$15 if postmarked by July 3, Then \$20, Afterwards, inc. day of race, \$25. Kids 1M Fun Run fee \$12 if postmarked by July 3, Then \$15, Afterwards, inc. day of race \$20. 1 M Walkers fee \$15 if postmarked by July 3, Then \$20 until Aug. 31, Afterwards inc, day of race \$25

Optional Online Registration Available at https://www.pretzelcitysports.com/online-registration/ (Nominal service fee applies, closes at midnight, the Wednesday before race day)

GREAT CAUSE: Transforming the lives of impoverished children and youth as we Empower through Education!

GENERAL DIRECTIONS FOR ALL: Take Route 202 towards Blue Bell turn on Morris Rd. Turn onto Cathcart Road and Take the Montgomery Co. Community College Entrance. The Health Science Center is the building straight ahead directly across parking lot.

CHECK PAYABLE TO "Harambee Foundation & MAIL CHECK & FORM BELOW TO: Harambee Foundation, PO Box 216, West Point, PA 19486 RACE DIRECTOR: Cam, cami.j929@verizon.net Race Website and Route Map https://www.givesignup.org/Race?raceId=93901

.....Please Print Clearly.....

Last name _____ First name _____

Address _____

City/State _____ Zip _____ Race day age: _____ Date of birth ____/____/____

Race (circle one): 5K - Kids 5 K - Kids Run - Walk Sex: M F Phone: (____) _____ A.M. or P.M.?

Shirt Size(circle one): YM YL S M L XL email _____@_____

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, Harambee Foundation 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 _____ date ____/____/ 20____