

THE 1st ANNUAL

Upper Perk Alumni & Community 5K & 1 MILE SPECIAL OLYMPICS WALK

Presented by the Upper Perkiomen XC & Track Teams

Sat, July 27, 2024 - 8 AM - Pennsburg, PA

LOCATION/REGISTRATION: Starts at Upper Perkiomen HS, 2 Walt Rd, Pennsburg Pa; Registration/number pickup at Kenny Stadium, Upper Perkiomen HS starting at 7:00 AM. 5K at 8:00 AM, Special Olympics Walk at 10:00 AM.

COURSE: wheel measured course; MOSTLY FLAT. Follows most of Upper Perkiomen’s XC Course, with both grass, road and Green Lane Reservoir trails (Boat Ramp location).

AMENITIES: T-shirt guaranteed to all preregistrants of 5K; Refreshments for finishers, outdoor stadium toilet facilities, loads of parking, time clock at finish and instant results. Virtual Race Option. Held 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 Finisher Medals for all Special Olympic walkers.

ENTRY: 5k ENTRY (In Person & Virtual): \$30 if postmarked by July 17th \$35 after July 17th and including race day. Special Alumni pricing \$25 if postmarked by July 17th. \$30 after that and including race day. Shirts are included for all pre-registrants if entered by July 17th after that date, shirts available while supply last. 1 MILE walk, FREE and untimed, shirts not included.

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

GENERAL DIRECTIONS FOR ALL: From PA Turnpike, Quakertown exit: Go west on Rt 663 for about 5miles. Turn left onto to Montgomery Ave.. At the second stop sign turn left onto Ward Rd. Make an immediate left turn into HS. Parking is available at the tennis courts. Optional parking on the back side of the building if needed. From Rt 29 South: In Pennsburg, turn left onto 11th Street off of Rt. 29. At the stop sign continue straight. Make an immediate left turn into HS. Parking is available at the tennis courts. Optional parking on the back side of the building if needed.

CHECK PAYABLE TO “UPPER PERK SPIKES CLUB” & MAIL CHECK & FORM BELOW TO: KATRIN ROHL,
1501 SCHOOL HOUSE RD., PENNSBURG, PA 18073.
RACE DIRECTOR: KATRIN ROHL, COACHROHL2132@GMAIL.COM

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

Last name _____ First name _____

Address _____

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

Race (circle one): 5K VIRTUAL 5K 1 MILE WALK Sex: M F Phone: (____) _____ A.M. or P.M.?

Shirt Size (circle one): 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, Upper Perkiomen School District and Spikes Club 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__