

EMPOWERING THOSE WHO ARE EXPERIENCING POVERTY & HOMELESSNESS

*Family Friendly
Wheelchair Friendly
Dog Friendly
Stroller Friendly*



**SATURDAY, OCTOBER 5TH
9:00 AM
NORRISTOWN FARM PARK**

*Free Food
Basket Raffle
50/50 Raffle
Games*



**BENEFITTING THE NORRISTOWN HOSPITALITY CENTER
SOLEHARVEST5K.COM**



LOCATION: Norristown Farm Park - Whitehall Road Entrance - 401 N. Whitehall Rd, Norristown PA 19403

COURSE: Scenic and unique course in the Norristown Farm Park, start/finish at Whitehall Road. The course winds through the picturesque landscape of Norristown Farm Park. If you haven't experienced running at the Farm Park yet, you're missing out on a hidden gem.

- **Exciting news for 2024:** we're introducing a brand-new 10K race for those seeking longer distances or gearing up for marathons. Both the 5K and 10K you can decide "on-the-fly" which distance you are running. If you start the run and you feel good, go ahead and do a 2nd loop for 10K. If you intend to run the 5k and feel terrible, stop after 5K. No judgement!
- **IMPORTANT:** Anyone not completing the 5k in 45 minutes cannot run the 10k. Per park rules, we must begin taking the course down promptly and we don't want people left on the course.

SCHEDULE:
7:30 - Day-of registration/check-in opens
8:50 - Head to start line
9:00 - 5K/10K begins
9:02 - Walk begins
10:10 - Raffle and award ceremony

AWARDS: Top 3 Overall Male & Female, Age Group Awards Top 3 Male & Female: 13 and under, 14-19, 20-29, 30-39, 40-49, 50-59, 60+
\$100 cash prize for setting a new 5K course record
Male: 16:13 ● Female: 18:57

\$100 cash prize for setting the 10K course record
Both Male & Female 10K Records - Determined at the 2024 race!
Since the 10K is new this year, a new course record will be set during this year's race. That means that the fastest male and female 10K runner will each be awarded a \$100.00 Prize!

AMENITIES: Professionally timed by Pretzel City Sports, water stop on course, race bag with giveaways and coupons, raffle baskets, refreshments and plenty of parking provided.

REGISTRATION FEES:

	5K & 10K Runners	Walkers	Students (Under 21)
Early Bird Registration By August 25 th	\$25.00	\$15.00	\$20.00
Regular Registration After August 26 th through October 3 rd	\$30.00	\$15.00	\$20.00
After October 3 rd & Race Day Registration	\$35.00	\$20.00	\$25.00

Limited Edition Race Day T-Shirts Available for \$13. Make a size selection below. T-shirts must be ordered by 9/5. Some shirts will be available for purchase at the race.



For more information and online registration, scan the QR Code or visit soleharvest5k.com

Last Name:		First Name:	
Address:		City:	
State:	Zip:	Phone:	
Email:		Race Day Age:	Gender:
Date of Birth:		Team Name:	
Event (circle): 5K 10K 1 Mile Walk Student Pricing		Shirt Size (circle): S M L XL XXL (Add \$13 for each shirt)	

In consideration of you accepting this entry, I, the participant, intending to be legally bound do hereby waive and forever release any and all right and claims for damages or injuries that I may have against the Event Director, RunSignUp.com, and all of their agents assisting with the event, sponsors and their representatives, volunteers and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees. I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typical found in running a road race. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely complete the run. I understand that the event will occur rain or shine. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that a licensed Medical Doctor has verified my physical condition.

In the event of an illness, injury or medical emergency arising during the event I hereby authorize and give my consent to the Event Director to secure from any accredited hospital, clinic and/ or physician any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment and hospitalization.

By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above release and waiver. Further, I grant permission to all the foregoing to use my name, voice and images of myself in any photographs, motion pictures, results, publications or any other print, videographic or electronic recording of this event for legitimate purposes.

Signature:

Date:

**Please return completed registration form with payment to:
Norristown Hospitality Center ● P.O. Box 858 ● Norristown, PA 19404
Please make checks payable to the "Norristown Hospitality Center"**