

Mid Atlantic Food Trade Organization & Brown's Family Shoprite

Hustle 2 Fight Hunger

5k Run & 1 Mile Fun Run/Walk: October 6th, 2024

Proceeds go to Legacy of Hope Philadelphia & MAFTO's community outreach programs

Location/Race Day Registration: Red Barn Gym at Temple University Ambler Campus, 580 Meetinghouse Rd Ambler, Pa 19002

Parking: Please use the Woods drive and Meetinghouse entrance to access Lot #1

Timing: Registration at 9:00am, 5k Run at 10:00am, 1 Mile Fun Run/Walk at 10:45am, Awards after 5k

Registration: <https://www.pretzelcitysports.com/online-registration/> or use QR code below

Entry Fee

Online registration closes on Wednesday, Oct 2nd, @ 11:59pm

\$30 for 5k Race OR 1 Mile Fun Run/Walk until Sept 22nd..... \$35 after 9/22 until Race Day

\$50 for Combo 5k Race AND 1 Mile Fun Run/Walk until Sept 22nd..... \$55 after 9/22 until Race Day

\$25 Virtual Race Option (Run/walk at any time, anywhere! Shirt not included)



Course: All abilities and ages welcome, Flat & Paved through Temple Ambler's Campus

Amentities: T-Shirts for all participants, Refreshments, Snacks, Indoor bathrooms, Nearby parking, timeclock at finish (5k only), Awards (5K only), Results on www.pretzelcitysports.com in 1-2 days

Awards: For top male/female finisher and 13 and 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, 70+: 3M, 3F

Checks payable to Mid Atlantic Food Trade Organization & Mail Check / Form below to 373 Roberts Ave Glenside, Pa 19038

First name: _____ Last name: _____

Address: _____ City/State: _____

Zip: _____

Race Type: 5K ____ 1 Mile Fun Run/walk ____ Combo 5k AND 1 Mile Fun Run/walk ____

Race day age: _____

T-shirt size (check one): YS__ YM__ YL__ AS__ AM__ AL__ AXL__ A2XL__ A3XL__

Phone: _____ Date of birth: _____

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, Mid-Atlantic Food Trade Organization 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 events). 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: _____