

The Rotary Club of Blue Bell

# 5K and Wellness Fest

& 1 Mile fun run/walk

Saturday, November 2, 2024

[5Kandwellness@bluebellrotary.com](mailto:5Kandwellness@bluebellrotary.com)

*Benefitting Kids & Community*

**LOCATION:** Montgomery County Community College, Blue Bell Campus. 340 Dekalb Pike, Blue Bell PA 19422  
**Regist./ number pickup** opens at 7:00 a.m. 5k starts at 8:00 a.m., 1 Mile Fun Run/Walk at 8:30a.m.

**COURSE:** 5K around campus and local neighborhoods. Refreshments, Rain or shine, No refunds

**5k AWARDS:**

Overall 1st Male & Female plus top 2 Male and top 2 Female in the following Age Groups:

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

**ENTRY:**

5K Run Fee: \$30.00 with shirt guaranteed if registered by 10/19/24. After that date and including race day \$35.00 shirts available while supply last.

**1 Mile Fun Run/Walk for All Ages:** Free for all ages and abilities (registration form & waiver required) includes T-shirt if registered by 10/19, After that while supplies last. This event is untimed and does not include awards.

**Optional Online Registration available at [www.pretzelcitysports.com](http://www.pretzelcitysports.com)**  
**(Nominal processing fee applies, closes at midnight, the Wed. of race week)**

**DIRECTIONS:** Enter in from Cathcart entrance, near health sciences building  
Montgomery County Community College, Blue Bell Campus. 340 Dekalb Pike, Blue Bell PA 19422

**RACE DIRECTOR:** Angelo Devita, 717-292-8789 [Angelodevita@me.com](mailto:Angelodevita@me.com), or [5Kandwellness@bluebellrotary.com](mailto:5Kandwellness@bluebellrotary.com)

-----tear off registration form-----

Check payable to the "Charitable Foundation of Blue Bell Rotary" Mail along with attached registration form and waiver to Pretzel City Sports, 112 W. 36<sup>th</sup> St., Reading, PA 19606.

Last name \_\_\_\_\_ First name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Circle one: 5K 1M Sex: M F Race day age: \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Shirt Size (circle one) : S M L XL Phone: (\_\_\_\_) \_\_\_\_\_ A.M. or P.M.??  
circle one or both

Email: (print clearly) \_\_\_\_\_

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, Rotary Club of Blue Bell, 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. By entering this race, I am granting permission to Pretzel City Sports to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature \_\_\_\_\_

date \_\_\_\_/\_\_\_\_/ 20\_\_