



WHEN: Friday, May 5, 2023

Registration: 5:30 p.m.

Kids Fun Run: 6:15 p.m.; 5K Run/Walk: 6:30 p.m.

WHERE: Spring-Ford Area High School

350 South Lewis Road, Royersford, PA 19468

Early Bird Registration Closes April 14, 2023

\$22: K-12 students participating in the 5K

\$28: adults participating in the 5K

\$10: 1 mile kids fun run (shirt not included)

April 15, 2023 or After (shirts not guaranteed)

\$25: K-12 students participating in the 5K

\$30: adults participating in the 5K

\$10: 1 mile kids fun run (shirt not included)

Mail registration and payment to:

Spring-Ford Educational Foundation, Attn: 5K Run

857 South Lewis Road, Royersford, PA 19468

Each participant will receive a custom Spring-Ford 5K medal! All participants who register before April 15 will receive a Spring-Ford run shirt. The first place male and female times will receive an extra sweet gift card.

Under 9 • 10-12 • 13-15 • 16-18

19-29 • 30-39 • 40-49 • 50-59 • 60+

Kids Fun Run participants receive a bib and medal.

Email Erin Crew for more information:

ecrew@spring-ford.net

The Spring-Ford Educational Foundation 5K benefits the Senior Impact Dinner. Beginning with the class of 2006, SFASD has honored individuals nominated by graduating seniors who have made an impact on their educational experience. A dinner is held for nominees and the seniors who nominated them to celebrate how each individual has impacted his/her life.

First Name: _____ Last Name: _____

Address: _____ City, State: _____ Zip: _____

Gender: M F Age on Race Day: _____ Birthday: / / Shirt Size: YM YL S M L XL XXL

Phone: _____ email: _____ Run Type: Fun Run 5K Virtual

Waiver: In signing this entry I, for myself, my heirs, executors, and administrators release RUNegades, Inc., Spring-Ford Area School District, Second Wind Race Timing, and all event representatives and sponsors from liability to any and all injuries, damages, and/or claims of any description which might arise out of this event. I understand that running a race entails certain risks and I certify that I am healthy enough to compete in this activity. I grant permission to the event organizers to use my name, image, and likeness for legitimate purposes. I have read and understand the aforementioned release and sign it voluntarily.

Signature: _____ Date: _____ RR