



SPRING-FORD EDUCATIONAL FOUNDATION

FIVE K

FIVE K

FIVE K

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FIVE K

RUN ◦ WALK ◦ FUN RUN
APRIL 24, 2020

WHEN: Friday, April 24, 2020

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 by April 9, 2020

\$20: K-12 students participating in the 5K

\$25: adults participating in the 5K

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

April 10, 2020 or After (shirts not guaranteed)

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

\$30: adults participating in the 5K

\$10: 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

Register online at pretzelcitysports.com

Awards will be given to the overall top three male and top three female runners. As well, the top three males and females in each age group will receive medals:
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 completion 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

Waiver: I know that participating in a run/walk is a potentially hazardous activity. I declare that I am physically fit and able to participate in this 5 kilometer run/walk. I declare that I have no known medical conditions that would prevent me from participating. I understand that accidents, including fatalities, serious bodily injury and/or property damage, can occur during this event. I also understand that heart attack or stroke is a known risk for all participants. I further acknowledge that accidents can occur because of weather conditions, traffic, conditions on the path, or poor footing. Knowing all of these risks, I nevertheless agree to assume those risks and I agree to release all of the persons, agents, volunteers, organizations, or anyone else associated in any way with this event from any negligence or wrongful death claim, 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. By entering this race, I am granting permission to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. **Code:RR**

Signature: _____ Date: _____