

Society of St. Vincent De Paul
Friends of the Poor
5k Run & 1 Mile Walk

Sat, Sept. 25th, 2010 – 9am Run - 9:15am Walk
Montgomery County Community College, Blue Bell, PA

LOCATION/REGISTRATION: MCCC is located at: 340 DeKalb Pike, Blue Bell, PA 19422-0758.

Please register online at www.pretzelcitysports.com

COURSE: 5k run course. Results on www.pretzelcitysports.com in 24-48 hours. Held rain or shine.

AMENITIES: T-shirt to all pre-registrants of 5K; post-registrants while they last. Water on course. Water & Snacks at finish.

AWARDS: Prizes for top male and female finishers, and the top 3 male and female runners in the following age groups Under 14, 15-19, 20-29, 30-39, 40-49, 50-59, and 60+ No refunds or mailed awards.

ENTRY: \$20 Entry Fee (for run only) with T-shirt if postmarked by Sept. 10th, \$25 after Sept 10th and on race day until T-shirts are gone, \$18 when they are gone.

GENERAL DIRECTIONS FOR ALL: FROM the TURNPIKE Take Exit 333/Norristown. Go West on Germantown Pike to Route 202. Turn right on 202. Look for College sign on right, 1/2 mile north of Route 73.

Optional Online Registration available at www.pretzelcitysports.com until 11:59pm 9/22/2010

OR MAIL CHECK PAYABLE TO "SVDP" & FORM BELOW TO: SVDP, 901 E. Luzerne St., Philadelphia, PA 19124
Attention Chris Roberts, Race Director, chrisproberts@comcast.net

.....Please Print Clearly.....

Last name _____ First name _____

Address _____

City/State _____ Zip _____ Race day age: _____ Date of birth ____/____/____

Race (circle one): Sex: M F Phone: (____) _____ A.M. or P.M.

Shirt Size (circle one): S M L XL email _____@_____

Already Getting Emails from Pretzel City Sports Regularly?? _____ Yes _____ No

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 Society of St. Vincent de Paul, MCCC 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 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 SVDP 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 ____/____/ 2010