**ST. ROSE OF LIMA FALL FESTIVAL**

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5K Run & 1 Mile Fun Walk/Run

Saturday, October 13, 2012

North Wales, PA

5K Race Starts at 8:30 AM

***Please bring a canned good on the day of the race to help support the Nor-Gwyn Food Cupboard.***

***This North Wales food pantry assists area families who have fallen on hard times. The Food Cupboard is run by volunteers and donations from our parish, four other North Wales congregations and the local community.***

All are welcome to join us for a fantastic 5K and family oriented fun for all ages!

**Professional race timing services by PRETZEL CITY SPORTS**

**ENTRY FEES: 5K Race:** $20 per person if postmarked by September 28, $25 after September 28, including race day. Pre-registered 5K entries receive a Race T-shirt. **1 Mile Fun Walk/Run:** $10 per person (Children 7 yrs. & under free; must register separately and be accompanied by an adult who is also registered for the Walk/Run). Walk/Run entries receive a Goodie Bag. Race T-shirts will be available for purchase for $6 on the day of the race (while supply lasts).

**AMENITIES:** Timing by Pretzel City Sports. Instant results available at finish. Results posted at www.pretzelcitysports.com in 24-48 hours. Refreshments at race finish. Race T-shirt to all 5K participants registered by September 28, 2012, and then “get them while they last”. Each adult (21 yrs+) 5K entrant receives a $2.00 discount toward the ticket price for the St. Rose Oktoberfest Dinner the night of the race. Goodie bags to all Fun Walk/Run participants. Door prizes! On-site parking. Restrooms available.

**COURSE DESCRIPTION & RACE INFORMATION:** 5K Race starts and finishes at St. Rose of Lima Parish Center and travels a scenic route through the historic Borough of North Wales and gracious Upper Gwynedd Township neighborhoods. Paved streets and gentle rolling hills. A great course! Held rain or shine. No strollers, bikes, rollerblades, skateboards or pets allowed.

**REGISTRATION:** Complete registration form and mail with check payable to “St. Rose of Lima” to 425 Pennsylvania Avenue, North Wales, PA 19454. Waiver must be signed. **OPTIONAL ONLINE REGISTRATION** at [www.pretzelcitysports.com](http://www.pretzelcitysports.com) Online registration closes at midnight on Wednesday, October 10, 2012, nominal fee applies. Entry fees non-refundable.

**RACE DAY:** Check in for 5K participants from 7:30 a.m. to 8:15 a.m. No new registrations taken after 8:15 a.m. 5K Race starts at 8:30 a.m. Check in for Fun Walk/Run participants from 8:00 a.m. to 9:00 a.m. Fun Walk/Run begins after 5K is complete (approximately 9:15 a.m.).

**AWARDS:** Given for 5K only, 1 Mile Walk/Run is for FUN! Overall winner (male and female), plus top three males and females in each age category: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & over. No mailing of awards or shirts.

**INFORMATION**: Alison Boyle at [boyle.alison@comcast.net](mailto:boyle.alison@comcast.net) or 215-350-8918 or Jane Selner at [jsel](mailto:jsel@)ner@comcast.net or 215-699-4617.

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**ST. ROSE OF LIMA “I CAN HELP” 5K & 1 MILE FUN RUN/WALK**

**REGISTRATION FORM**

Mail completed form and check payable to “St. Rose of Lima” to 425 Pennsylvania Avenue, North Wales, PA 19454

Last Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_First Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_\_\_\_\_\_\_\_Race (circle one): 5K 1M

Sex: M F Race Day Age: \_\_\_\_\_\_\_\_\_\_\_ Date of Birth: \_\_\_\_ /\_\_\_\_ /\_\_\_\_ 5K Shirt Size: S M L XL

Telephone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E-Mail:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**WAIVER (must sign):** 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 assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the effects of the weather and the condition of the paths, 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 Saint Rose of Lima Church, Pretzel City Sports 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. **I HAVE READ AND UNDERSTAND THIS WAIVER**: (if under 18, legal guardian must sign) PHOTOGRAPHIC RELEASE**.** I grant and convey to the St. Rose of Lima Church all right, title and interests in any and all photographs, images, video or audio recordings of me or my likeness or my voice, made in connection with my participation in the Event.

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*(Participants 18 years and under require signature of parent or legal guardian)*