

Thank you to our sponsors!

AWARDS

5K Run/Walk:

- Awards will be given to the top three male and top three female runners.
- The top three males and females in each of the following age groups will receive medals:
Under 10, 10-19, 20-29,
30-39, 40-49, 50-59,
60-69 and 70 & over

Kids Fun Run:

- All racers will receive a participation ribbon

Proceeds from this event benefit the Spring Valley YMCA Annual Support Campaign which supports children, adults and families in the surrounding Limerick communities. We appreciate your support in building awareness and raising funds to further strengthen our impact on developing healthy lifestyles for ALL individuals and families in our surrounding communities.

Spring Valley YMCA
19 W. Linfield-Trappe Road
Limerick, PA 19468
484.984.2000
philaymca.org



Spring Valley YMCA



5K Run / Walk

(Spring Ford High School Cross Country Trail)

Kids Fun Run

(400 meter dash)

- Professional Chip Timing
- USATF Certified Course

Sunday, October 12th

Kids Fun Run: 8:40am

5K Run / Walk: 9:00am

ENTRY FORM

Spring Valley YMCA

Fall 5

5K Run / Walk and Kids Fun Run

RACE INFORMATION

- Race held Rain or Shine
- First 300 registered participants for the 5K are guaranteed a race shirt
- All Kids Fun Run racers receive a participation ribbon
- Professional Chip Timing
- USATF Certified Course
- Post-Race Refreshments

LOCATION

- Spring Ford High School Cross Country Trail Course
10-12th Grade Center
350 South Lewis Road
Royersford, PA 19468
- Kids Fun Run will be a 400 meter dash (approximate distance)

TIMES

- 7:30-8:30am Registration
- 8:40am Kids Fun Run Start
- 9:00am 5K Run / Walk Start

PACKET PICK-UP

- October 11, 10am - 4pm at Spring Valley YMCA
- October 12 beginning at 7:30am at race site

REGISTRATION INFORMATION

REGISTER:

- Online at www.runccrs.com
- On race day at the course
- By completing this form and returning with payment to:

Spring Valley YMCA
19 W. Linfield Trappe Road
Limerick, PA 19468

Make checks payable to:
Spring Valley YMCA

5K Run / Walk Entry Fees:

- Register by September 19th:
\$25 Adults
\$10 Youth ages 12 and under
- Register after
September 19th:
\$30 Adults
\$10 Youth ages 12 and under
- Kids Fun Run FREE

Proceeds benefit Spring Valley YMCA
Annual Campaign

Questions?

Please contact Kevin McMackin for additional information at 484.984.2007 or kcmackin@philaymca.org

First Name: _____

Last Name: _____

Address: _____

City: _____

State/Zip: _____

Sex: M or F Age on race day: _____

Date of Birth: ____/____/____

Email: _____

Shirt Size: YL S M L XL

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 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.

I HAVE READ AND UNDERSTAND THIS WAIVER:
SIGNATURE: (LEGAL GUARDIAN IF UNDER 18)

Today's Date: ____/____/____