

Presenting the Power and Grace Gymnastics and Dance

Spooktacular Sprint 5k Run

1 Mile Kids Fun Run & Benefit for Steve Gendall

Sunday, October 29, 2017 9:00 A.M

122 Pacific Dr. Quakertown, Pa 18951

LOCATION: Power and Grace Gymnastics and Dance, 122 Pacific Drive, Quakertown, PA 18951. Number pickup opens at 8:00 a.m. 5k starts at 9:00 a.m., kid's race at 9:45. Grab bags and t-shirts for all pre-entries & race-day entries while they last. Clock at finish, refreshments, mile splits, instant results. Rain or shine. No refunds or mailed awards.

COURSE: FAST course through the Quakertown Sports Complex. GREAT place to PR! Let's make this fun and set your PR in a Halloween COSTUME!

AWARDS:

5K: Separate awards for the male and female winners and runner-ups plus:

14 & under: 3M, 3F 15-19: 3M, 3F 20-29: 3M, 3F 30-39: 3M, 3F 40-49: 3M, 3F 50-59: 3M, 3F 60+: 3M, 3F

1M Kids Race for 12 yrs old & under: Top 3 Males & Females overall. Note: Kids participating in both the 5k & fun run must enter twice. Special prizes for creative costumes!

ENTRY:

5k: \$25 if postmarked by Sat, October 14, 2017. Afterwards, including race day, \$28.

Fun Run: \$5 if postmarked by October 14th. Afterwards, including race day \$7. Race day registration for Fun Run will be **CLOSED** once we have as many kid's entries as we have grab bags. Pre-register if possible. No t-shirts for Fun Run due to reduced entry fee. Costume prizes given.

PROCEEDS: Will go to Steve Gendall to help with the financial impact of being diagnosed with stage 4 cancer. We thank you in advance for your participation in this event.

DIRECTIONS FROM NORTH OF QUAKERTOWN: Take 309 South toward Quakertown. Turn left on to W. Pumping Station Rd. Turn right onto California Rd. Take left onto Penn Am Dr. and then right onto Pacific Dr. Power and Grace Gym will be on Right.

DIRECTIONS FROM SOUTH OF QUAKERTOWN: Take 309 North to Rt. 313 / W. Broad St. Make right. Make left onto California Road. Make right onto Penn Am Dr. and then right onto Pacific Dr. Power and Grace Gym will be on Right.

Additional Parking at the Quakertown Sports Complex: 221 California Rd. Quakertown, PA 18951

Optional online registration available on www.pretzelcitysports.com

(Nominal processing fee applies, closes at midnight, the Wed of race week)

MAIL CHECK PAYABLE TO "Power and Grace Gymnastics and Dance" & FORM BELOW TO: Power and Grace Gymnastics and Dance, 122 Pacific Dr. Quakertown, PA 18951. Race Director: Bryan Eves 215-529-5959,

Email: pgspooktacular5k@gmail.com

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Circle one: 5K 1M Sex: M F Race day age: _____ Date of birth ____/____/____

Phone: (____) _____ A.M. or P.M. circle one or both Shirt Size (circle one) XS S M L XL

Email: (print clearly) _____

Already getting Pretzel City emails 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 Pretzel City Sports, POWER & GRACE GYMANSTICS AND DANCE, 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 Pretzel City Sports 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 ____/____/ 2017