



October 19, 2014

5K

Packet pick up at 8:30am

Kids Run 9:30am

Race Start 10:00am Sharp

Why: To support the victim services programs of Delaware County Women Against Rape. www.delcowar.org

Location: Rose Tree Park, 1671 N. Providence Rd. Media, PA. Race kick off by Congressman Patrick Meehan and Delaware County District Attorney Jack Whelan.

Awards: Overall and Age Groups; Top 1-3 overall; Top male and female in each group; Teams.

Entry: Pre-Registration for individuals **\$30**; Register as a team **\$25 ea.**; Day of registration **\$35**; Children 12 and under are free!

Amenities: Enjoy a Sunday Fall morning run/walk in scenic Rose Tree Park, get a T-shirt, enjoy refreshments, prizes, and activities for children.

Questions: Please contact Candice Linehan, 610-566-4342.

Rules: NO refunds! All proceeds directly support Delaware County Women Against Rape.
Race will be held rain or shine!
Pre-registration is greatly appreciated. T-shirts are only guaranteed to those who pre-register.

Payment: Make check payable to "Delaware County Women Against Rape". Mail payment with this form to: P.O. Box 211 Media, PA 19063.

Or register online at www.brynmawrracing.com (click on race calendar).

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 "By indicating your acceptance, you understand, agree, warrant and covenant as follows: I know that running is a potentially hazardous activity. I should not enter or run unless I am medically able & properly trained. I also know that there will be traffic, debris, poor footing and other hazards on the course and assume the risk for running on it. 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, the conditions of the roads and getting lost, 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 the organizers of this event, all municipalities in which the all owners of properties through which the race crosses, the race committee, volunteers, Delaware County Women Against Rape, all other organizations directly or indirectly associated with the race, any or all sponsors including their agents, employees, assigns or any-one acting on their behalf, or anyone else associated in any way with this race, from any or all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event This waiver extends to all claims of every kind or nature whatsoever; foreseen or unforeseen, known or unknown".

Signature _____ (If under 18, Parent Guardian Signature) Date _____
 Name:

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Email:

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Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Gender: **M** **F** Age on Race Day: _____

Shirt Size: **S** **M** **L** **XL** Team Name: _____