



Saturday, November 8, 2014

9:00 am

Macoby Run Golf Course, Green Lane, PA

**Competitive 5K and 5 Mile Race
1 Mile Fun Run/Walk for the Kids! (10 & under)**

Timing by Pretzel City Sports

Course Description: Run through the winding cart paths of Macoby Run Golf Course, (no golfers, no traffic).

Wheel measured. All events are entirely on macadam surfaces with the exception of 1 fairway cross-over on grass in the 5 mile. Includes a couple of challenging hills. Held rain, shine, or snow. No strollers in the 5 mile or 5K race. No bikes, rollerblades, skateboards or pets allowed. Strollers ARE welcome in the 1 mile fun run/walk

In this race **YOU** decide if you want to stop at the 5-K mark **OR** continue and go for the 5 MILER. Same price, same shirt. You can also WALK the course, or run and walk, or walk and run.

1 Mile Fun Run/Walk will begin after the 5K and 5 mile races are completed. Approximate start time 10:15- 10:30. Parents and strollers are welcome to participate with their children. Goodie bag given to participants (10 & under).

Awards: Awards for 5K and 5 mile run/walk only; other events are for FUN! Top Male & Female Overall **plus** top 3 males & females in the following age groups:

14 & under 15-19 20-29 30-39 40-49 50-59 60-69 70 PLUS

New for Men in 2014: Clydesdale Division (235 lb. minimum). Awards will be given to the top 3 males in the 5K and 5 mile race. There are no age groups in this division and you must enter as a Clydesdale at registration; otherwise your award category will be based on your age & sex

Registration: Registration from 7:45-8:50 a.m. Races start at 9:00 a.m.

Fees: **5K and 5 Mile** = \$20.00 if post marked by Friday, 10/24/2014, includes T-shirt. After 10/24/2014, and up to race day, registration is \$25.00 with shirt while they last, and \$20.00 after they are gone. **1 Mile Fun Run/Walk** = \$5.00 if postmarked by Friday 10/24/2014, includes small gift for kids. After 10/24/2014, and up to race day, registration is \$7.00 with small gift while they last, and \$5.00 after they are gone.

Amenities: 2 water stops on the course, food & refreshments at finish, instant results at finish, results posted on www.pretzelcitysports.com, 24-48 hrs. after the event.

Make check payable to Macoby Run Run & Mail to:

D Hettrick
201 Old Mill Rd.
Macungie, PA, 18062

Questions: Race Director: D. Hettrick (610) 845-8205 or Cheryl Pirri (267) 733-3487, cheryl.pirri@comcast.net

Optional Online Registration at www.pretzelcitysports.com

Online registration closes midnight Wed. Nov. 5, 2014, (nominal service fee applies)

****** Please bring a non-perishable food item for The Open Line's Community Food Cupboard ******

DIRECTIONS:

From Rt. 422: Take Route 29 N (Collegetown exit) RT 29 thru Schwenksville. Stay on 29 North thru Green Lane. Stay LEFT at gas station. After passing Marlborough Elementary School on left, turn RIGHT onto McLean Station road. The golf course is one mile STRAIGHT ahead.

From the PA Turnpike: Take the Quakertown exit. Upon exiting the toll area, turn RIGHT onto route 663 towards Pennsburg. Turn LEFT on to RT 29 South. In approximately 4 miles, turn LEFT onto McLean Station Road. The golf course is one mile STRAIGHT ahead.

From Rt. 100: Turn onto RT 29 South in Hereford heading towards Green Lane. In approximately 8 miles, turn LEFT onto McLean Station road. The golf course is one mile STRAIGHT ahead

MORE INFO: Please visit www.macobyrun.com

Any added donations are greatly appreciated! Our thanks for your time and consideration in supporting these organizations.

Fun for the entire family – please join us!

Entry Form: _____ Detach Here

Last Name _____ First Name _____

Address: _____

City: _____ State: _____ Zip: _____ Race: Kids 1M 5K/ 5Mile Clydesdale

Sex: M F Race Day Age: _____ Date of Birth: ___/___/___ Shirt Size: S M L XL

Telephone: _____ AM PM BOTH E-Mail: _____

Waiver: I know that running a road race 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, hazards, debris, and poor footing 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 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 Macoby Run Golf Course, all owners of the properties on which the race is run or held, all municipalities in which the event is held, the race committee, volunteers, all other organizations directly or indirectly associated with the race, any or all sponsors including their agents, employees, assigns or anyone 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 of nature whatsoever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to all parties affiliated with the race to use any pictures or likenesses of me secured at the event in any way they see fit without review, or restriction or compensation

I HAVE READ AND UNDERSTAND THIS WAIVER: _____ Date: _____

Print Participant Name: _____ Race Entry Enclosed: \$ _____

Signature: _____ Additional Donation: \$ _____

(Signature of parent or guardian if under 18) Total Enclosed: \$ _____