



Dragon Run for Courage



Spring Ford Homecoming Weekend

5K Run/Walk and 1 mile Fun Run/Walk Royersford, PA

Saturday, October 12th, 2019
9:00AM 5K and 1 mile Walk

WHO: Runners of all ages. Walkers are also invited to participate using the same course. The Spring-Ford High School cross country course, which is on the high school grounds, will be used for this event.

WHAT: Dragon Run for Courage 5k run/walk will benefit The Conor McKenna Foundation and Jake's Dragon Foundation. Conor and Jake fought pediatric cancer at the age of 15. Their fight and courage are the basis for their respective foundations. The funds raised will provide a scholarship in Conor's name. In Jake's memory local pediatric cancer families will be supported through gift cards as well as funding research for pediatric cancer.

WHERE: Spring-Ford High School, Royersford Pa. 350 South Lewis Road. Rear parking lot of 10-12 building.

WHEN: Saturday, October 12, 2019
7:30 a.m. – Registration begins
9:00 a.m. – 5K Run/walk begins
9:00 a.m. – 1 mile Walk/ Run begins
10:00 a.m. – Award presentation at finish line
**This is rain or shine event*

HOW: To register for 5k, 1 Mile Walk & Virtual 5k complete the form below and submit a check/money order of \$20 to The Conor McKenna Foundation by Sept 25th, 2019 to be guaranteed a Dragon Run for Courage 5K t-shirt. The fee for entries received after Sept. 25th up to and including Race Day, is \$25. T-shirts available while supplies last. Size requests will be honored to the best of our ability but size may be substituted. Optional online registration available at www.pretzelcitysports.com for a small nominal service fee. No Family rate online. Online registration closes October 9th., 2019

Bringing your Family to Race? ... take advantage of **Family Pricing** - After 3 Family members register at Regular price, the 4th member can register at half price. Same shirt deal applies. Family Registrations accepted by Mail (please mail all reg. forms and payment in one envelope) and day of registration only .

RESULTS: Finish line and timing service by Pretzel City Sports. Race results posted on www.pretzelcitysports.com

AWARDS: Trophy and \$25 gift card will be presented to Top Male and Female Finishers. Medals presented to top three (3) Male and three (3) Female runners in each of the following age brackets: 14 and Under, 15-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60+ years.

VIRTUAL RUNNER:
Can't make the race? But believe in our cause and still want to be a participant? Sign up as a Virtual Runner/Walker. Find a measured 5k course in your area (most parks or communities have one) Start your watch at the start, when you reach the finish, stop your watch and record your time. Send us an email containing your time by Sunday morning October 13th and you will be included in the Website results. There are NO awards given , but you will see where you would have finished, if you were actually at the race!! If you would like a tee shirt please indicate the size and make sure we have your address either on the mail in or the online registration. Thanks for being part of our day!

CONTACT INFORMATION: Any questions email Maureen McKenna at maureenmckenna@comcast.net OR cell 610-585-4095

DONATIONS: Any donations to either foundation can be made out to the Conor McKenna foundation. 162 Buckwalter Rd, Royersford Pa 19468

REGISTRATION: Dragon Run for Courage 5K Complete this portion. Detach and mail. **Individual \$20.00. Please make checks payable to The Conor McKenna Foundation and mail to: 162 Buckwalter Road Royersford, PA 19468**

Circle Event 5K Run/Walk 1 Mile Walk Virtual 5K/Walk

Name _____ Address _____
Please print
Phone _____ City _____ State _____ Zip _____
E-mail address _____ Age (on Race Day) _____ Male _____ Female _____

T-shirt size (circle one)
Youth M L
Adult S M L XL XXL

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, Conor McKenna Foundation 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)

Signature X _____ Date _____
(Parent or guardian's signature if less than 18 years of age.)