

PENNRIDGE REGIONAL

POLICE DEPARTMENT

1st Annual 5k Run/Walk

Saturday Sept. 24th 2016

Run begins at 9:00am Walk with a Doc begins at 10:00am

Benefitting Pennridge Fish & Nova Child Advocacy Center



Course: The race will be held at Willard H. Markey Centennial Park and consist of two and a half laps along the walking trail.

Registration: \$20 Runners – Advanced registration via internet or in person at PRPD HQ
\$25 Runners – Day of race registration
\$5 per Adult – Get Fit with a Doc Fun Walk, Children walk free

Check-in: Check in will begin at 8:00am at the Pavilion

Awards: All 5K participants with advanced registration will receive a “Run the Rocks” T-shirt. Awards for 1st overall male/female and Top 3 in each division.

Race Coordinators:

Rick Dean rdean@pennridgepd.org 215-257-5104 (ext.113)
Steve DiGiovanni sdigiovanni@pennridgepd.org 215-257-5104 (ext. 108)

Register: Online at www.Pennridgepd.org or on our Facebook
Pennridge Regional Police Department.
Or in person at PRPD headquarters
200 Ridge Rd. Sellersville, Pa. 18960



OFFICIAL ENTRY FORM- PRPD “RUN THE ROCKS”- SEPTEMBER 24, 2016

Last Name _____ First Name _____

Address _____

Day Phone _____ Email _____

Age on Race Day _____ DOB _____ Male _____ Female _____

Check one: 5K _____ Walk _____ T-shirt size _____ M _____ L _____ XL Amount Paid \$ _____

Waiver: I know that running in the “Run the Rocks” race is a potentially hazardous activity. I should not enter and run unless I am medically able & properly trained. I assume all risk associated with running in the “Run the Rocks” including falls, contacts with other participants, effect of weather including heat and humidity, and all such risk being known and appreciated to me. By signing this waiver, I release the Pennridge Regional Police and East Rockhill Township from any and all liability that could arise from my participation in this event.

Date _____ Signature of Entrant _____