



**Sunday, September 8, 2019**  
**8:30 am to noon**

**Location**

- Beautiful Charlestown Township Park & University of Valley Forge (enter off Township Line Road to 100 Academic Way, Phoenixville – lots of parking).
- All paved surfaces contained within the campuses – no street crossings!
- We love your dogs – they can join you on the 1M Walk n Roll but NOT the 5K due to park rules.

**Amenities**

- Free raffle for all participants
- T-shirt for all registrations received by August 15
- Music, free ice cream, food for purchase

**Awards**

Top 2 teams calculated by the team’s average time  
 Overall top individual finishers M & F  
 Top 3 finishers M & F for groups: 18 & Under, 19-29, 30-39, 40-49, 50-59, 60+

**Questions?**

Email: [5Kinfo@OrionCommunities.org](mailto:5Kinfo@OrionCommunities.org)

[OrionCommunities.org/run-walk-roll-2019](http://OrionCommunities.org/run-walk-roll-2019)

**Entry Fees**

**Preregister by August 15<sup>th</sup> for t-shirt:**  
 Adults \$25, Children 17 & under \$15  
 \$10 discount for Wheelchair participants  
**After September 6<sup>th</sup>:**  
 Adults \$30, Children 17 & under \$20

**Register Online:** <https://tinyurl.com/y5b594b4>  
**or Mail check and form below to:**  
 Orion Communities, Attn: 5K, 237 Bridge Street,  
 Phoenixville, PA 19460

Results will be posted on [alphaandomegasports.com](http://alphaandomegasports.com)

5K Run, Walk n’ Roll     1M Walk n’ Roll  
 Individual     Team     Wheelchair Participant

**Waiver:** I know that participating in a race is a potentially hazardous activity. I should not enter unless I am physically able and properly trained. I also know that there may be traffic on the course and assume the risk for running, walking, rolling in traffic. I also assume all other risks associated with the event including but not limited to: falling, contact with other participants, the effects of the weather and the condition of the course, all such risks being known and appreciated by me. Knowing these facts and in consideration of you accepting my fee, I hereby for myself, my heirs, executors, administrators or anyone who may claim on my behalf, covenant to sue, and waive, release and discharge Orion Communities, Inc., Philadelphia Area Time Bank, and all subcontractors they utilize, all municipalities in which the event is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting in their behalf or anyone else associated in anyway with the event, from any or all claims of liability for death, out of, or in the course of my participation in this event. 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). I also agree that Orion Communities, Inc. and Phoenixville Area Time Bank may use my image and/or name on the website or other forms of media/communications relating to the event.

Team Name			
First Name	Last Name		
Phone	Email		
Address			
City	State	Zip	
Birth Date	/ /	Race Day Age	Gender <input type="checkbox"/> M <input type="checkbox"/> F
T-Shirt size: <input type="checkbox"/> YL (Youth Large) <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL			
Please read Waiver to the right before signing (if under 18, guardian must sign).			
Signature		Date	