



# SOLE HARVEST 5K

The Norristown Hospitality Center is a non-profit 501(c)3 organization serving the poor and homeless in the surrounding area.

**This is a rain or shine event starting promptly at 9am.**

10/12/2019 - Day of registrations start at 8:00am

**REGISTRATION FEE: Runners = \$20 before 8/31, \$25 before 10/9, \$30 from 10/10 on, Walkers = \$20**

**Mail:** Complete form and mail to  
**Norristown Ministries Inc.,**  
**P.O. Box 858,**  
**Norristown, PA 19404**

**Day of:** Registration begins at the Farm Park at 7:30am

Last name: \_\_\_\_\_

First name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Race day age: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Event (circle): 5K      1 mile walk      Virtual runner      Gender (circle): M      F

Shirt size (circle): S M L XL

Team name (if applicable): \_\_\_\_\_

## **Make checks payable to Norristown Ministries, Inc.**

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 others on the course and assume the risk for running in the park. 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 course, all such risks being known and accepted 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 Norristown Ministries Inc. and any one 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: \_\_\_\_\_ Date: \_\_\_\_\_