

5K Run & 1-Mile Fun Run/Walk Registration:

Pre-Registration:

\$15.00 - 5K or Fun Run/walk - \$8.00
(Must be received by June 10th)

Post Registration:

\$20.00 - 5K or Fun Run/walk - \$10.00
(After June 10th including Race Day)

Race Packet Pick-up: June 25th from 4-7:00 p.m. at Justin's Carriage House in Skippack or Race Day from 7:00 a.m. – to before race at Justin's Carriage House

Amenities:

- ◆ T-Shirts for all pre-registered and also available on race day while they last (**Dri-release** available to pre-registered ONLY for additional fee, see form).
- ◆ Refreshments, prompt awards, ample parking, restrooms and water along course, “goodie” bags to all participants.
- ◆ All participants entered into raffle drawing for door prizes.

◆◆ **All pre-registered received by 6/10/09** will automatically be entered to win a BRAND NEW MOUNTAIN BIKE (donated by **Bike & Blade-Skipack**). On Race Day, Chances will be \$1 and 6 for \$5. Must be present to win.

Course:

◆ Wheel Measured 5K course through the beautiful Skippack Village and surrounding community.

5K Run & 1-Mile Fun Run/Walk Awards:

- ◆ A \$50 cash award to the overall first male/female runner in 5K.
- ◆ Awards to the top 3 male/female runners in the following age categories:
 - ◆ 10& under ◆ 11-14 ◆ 15-19 ◆ 20-29
 - ◆ 30-39 ◆ 40-49 ◆ 50-59 ◆ 60 & Up...
- ◆ Awards to the top 15 Finishers 14 & under in the 1-Mile Fun Run.

Skippack Lions Club
 c/o Krantz Family Chiropractic
 3882 Skippack Pike – PO BOX 159
 Skippack, PA 19474
 (610) 222-9555

11th Annual Skippack Lions

5K

&

1-MILE FUN RUN



Saturday, June 26th, 2010

Registration: 7 – 7:50 a.m.

1 Mile Fun Run – 8:00 a.m.

5K Run – Soon After

In Skippack, PA



Rain or Shine





Who Are The Lions.

Lionism was started on June 7, 1917 by Melvin Jones in Chicago when the young insurance agent saw a need to establish a civic organization dedicated to the community and the unfortunate. In 1925, Helen Keller challenged the new civic club to become "Knights of the Blind." Today the Lions are the largest civic club with worldwide membership in almost every country.

The Skippack Lions Club was formed in September 1953 and has been active ever since. They sponsor the Skippack Ambulance and the Skippack Recreational Association. Play-ground equipment, benches, as well as thousands of dollars have been contributed to the blind and needy by community-minded, hard-working Skippack Lions.

In the fun sense they sponsor an annual Easter Egg Hunt and the famous Halloween Parade since 1953. Some of the other local activities include:

- Holiday Food Baskets • Community Calendar • White Cane Days and 5K & 1-Mile Fun Run

Sponsored By:

Krantz Family Chiropractic & Wellness Center, Justin's Carriage House, William Funeral Homes, Dr. Bipin Amin – Skippack, Haines & Kibblehouse, UNIVEST, NP Water, WaWa - Skippack, LeighValley Farms, Zeigler's, HCP Group, RE/MAX 440 –Skippack, The Goddard School-Skipack, Skippack Beverages, Award Printing-Skipack, **Bike & Blade**



Directions:

FROM PHILADELPHIA:

West on Schuylkill Expressway (I 76), then North on Blue Route (I 476). Continue North on I 476 PA Turnpike to Northeast Extension Exit 31(Lansdale). Follow directions from Turnpike Below.

FROM PA TURNPIKE:

Lansdale (Exit 31) on NE Extension. Turn Right off exit onto 63W. 1st light Left onto Old Forty Foot Rd. Follow road around to light. Right onto 73W (Skippack Pike). ½ Mile on Right -Justin's Carriage House.

From Collegeville:

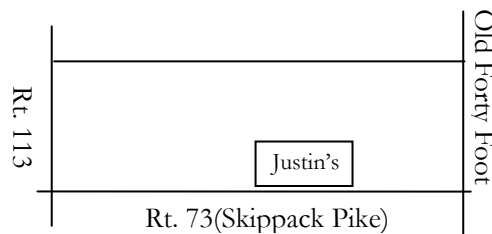
Route 29N to Rt.113N. Right onto 113N. At light, Make Right onto Rt. 73E (Skippack Pike), ½ Mile Justin's Carriage House is on Left.

From Blue Bell

73 West to Skippack and Justin's Carriage House on Right.

Parking Available at Justin's Carriage House

Be there before 7:50 a.m. After 8:00 a.m. the roads will be closed off and you will have to find parking around town.



For additional information, contact Dr. Mike

at (610) 222-9555 or visit our website:

www.Skipacklionsfunrun.com

Registration Form WAIVER & RELEASE

(Each Runner/Walker must complete this form, copy if needed)

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____ Gender: M or F

Age on race day: _____ Email: _____

Please Circle One: 5K or 1-Mile Fun Run/Walk

T- Shirt Size (Circle One) S M L XL

DRI-RELEASE T-SHIRTS ADD \$10.to TOTAL
(Orders must be in before June 10th)

HAVE YOU ENTERED THE RACE BEFORE? YES or NO

**Entrants please read and make sure you thoroughly understand
this waiver before signing.**

In consideration of being permitted to participate in the Lions 5k & 1Mile Fun Run, I, the undersigned intending to be legally bounded hereby for myself, my heirs, executors, administrators and personal representatives, hereby waive and release any and all rights and claims for damages, illness, injuries, or losses which I have or may have or which may occur to me against all race officials and all organizations conducting or involved in this event, including but not limited to Skippack Lions Club, Township of Skippack or Lower Salford, and any and all of their employees, agents, representatives, successors and assigns, that may result from my participation in said event. I am in excellent health and in proper physical condition to participate in said event. Further, I hereby grant full permission to the aforementioned persons or organizations to use my name and/or picture in newspaper, videotape, email or any other record or account of the event for any purpose whatsoever.

Signature: _____

(Parent/Guardian Signature if under 18, parent must be at the event for sign up)

Detach & Mail

Non-refundable checks or money orders to:

Skippack Lions Club

C/o Krantz Family Chiropractic, 3882 Skippack Pike
PO BOX 159 - Skippack, PA 19474.