UMAEF 3rd Annual Viking 5K & Family Fun Run

April 30, 2017

Registration/Packet pick up 7:45am; Fun Run Start **8:30am**/5K Start **9:00am**

Race Purpose: **To raise money for Upper Merion Area Educational Foundation. UMAEF**'s mission is to enhance the quality of education in the Upper Merion Area School District (four elementary schools, one middle school and one high school) through programs funded by non-public support. Our focus is to encourage excellence and innovation at the faculty level by offering mini-grants to supplement and complement basic educational programs in the areas of Technology, Arts, Scholastic Enhancement and Cultural Enrichment. All of the proceeds from our Viking 5K & Fun Run/Walk go directly to fund the various projects that the Foundation awards each year.

Location: Caley Elementary School, 725 Caley Road, King of Prussia, PA 19406; Winds along residential roads and finishes back at the elementary school.

Awards: Top 3 male and female 5K finishers, in age categories:
10 and under, 11 to 14, 15 to 18, 19 to 29, 30 to 39, 40 to 49, 50 to 59, 60 and older

Entry: Register before **April 14th** –

1 Mile Family Fun Run/Walk:	Up to age 10:	$10
	Age 11 to 18:	$15
	Age 19 and older:	$25
5K Run/Walk:	Student (up to age 18):	$15
	Adult (age 19 and older):	$25

After **April 14th** to race day –

1 Mile Family Fun Run/Walk:	Up to age 10:	$15
	Age 11 to 18:	$25
	Age 19 and older:	$35
5K Run/Walk:	Student (up to age 18):	$25
	Adult (age 19 and older):	$35

Amenities: Each registrant receives a free T-shirt (not guaranteed if registered after April 14th), limited quantities for sale on race day; Refreshments, water stations, raffles, silent auctions, and arts & crafts for kids.

Race Results: The 5K will be professionally timed by the Bryn Mawr Racing Co.; Results will be available at brynmawrracing.com.

Questions: Contact: Eileen Ching (elc00@hotmail.com)

"By indicating your acceptance, you understand, agree, warrant and covenant as follows: I know that running is a potentially hazardous activity. I should not enter or run unless I am medically able & properly trained. I also know that there will be traffic, debris, poor footing and other hazards on the course and assume the risk for running on it. 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 effects of the weather, the conditions of the roads and getting lost, 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 the organizers of this event, all municipalities in which the all owners of properties through which the race crosses, the race committee, volunteers, the Bryn Mawr Racing/Running Co., all other organizations directly or indirectly associated with the race, any or all sponsors including their agents, employees, assigns or any-one acting on their behalf, or anyone else associated in any way with this race, from any or all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event This waiver extends to all claims of every kind or nature whatsoever; foreseen or unforeseen, known or unknown.

Signature _____ **If under 18, Parent Guardian Signature)** **Date** _____

Name:

Email:

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Gender: M F Age on Race Day: _____

T-shirt Size: Youth: S M L XL

Adult: S M L XL XXL XXXL

Please check appropriate box:

❒ - 1 Mile Family Fun Run/Walk

❒ - 5K Run/Walk (Timing chips will be assigned to all participants of the 5K)

Team: _____ (Optional – *To enter the Elementary School Class Contest, please enter the school name and the teacher's name*).

Make check payable to "Upper Merion Area Educational Foundation", and mail payment with this form to:

Upper Merion Area Educational Foundation
435 Crossfield Rd.
King of Prussia, PA 19406

Or register online at https://runsignup.com/viking5k