Sunday April 29, 2018
Race Starts at 9:00 a.m. Sharp. Registration starts at 8 a.m.

Race Purpose: The Superhero 5k run/walk benefits Court Appointed Special Advocates (CASA) of Delaware and Chester Counties. CASA is a non-profit organization that provides court appointed volunteer advocacy for abused and neglected children. CASA believes that these children deserve safe, nurturing, and permanent homes.

Location: Ridley Creek State Park 1023 Sycamore Mills Rd, Media, PA 19063 (Pavilion 17)

Awards: Top overall male/female race finishers, overall age group winners, and top 1-3 sponsors

Entry: Before April 28, 2017: $30 for Adults, $15 for Children 7-17 (children 6 & under FREE)
After April 28, 2017 & Day of Race: $40 for Adults, $20 for Children 7-17 (children 6 & under FREE)

Amenities: Each registrant receives a t-shirt, refreshments, water stations, prizes, etc.

Race Results: Race will be professionally timed by the Bryn Mawr Racing Co.; Results will be found at http://www.brynmawrracing.com

Questions: Contact: Jacquona Blackwell jblackwell@delcocasa.org or 610-565-2208

Our Mission Statement/other info:

"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: _____

Shirt Size: S M L XL

Make check payable to "…"

Mail payment with this form to:

Or register online at http://www.brynmawrracing.com