

4th Annual French Creek 5k/10k Trail Run/Walk, Wellness Fair, Stroll & Roll October 9, 2016/8:30am-12pm

Location: Kimberton Waldorf School campus at
410 West Seven Stars Rd., Phoenixville, PA 19460

See kimberton.org/5k for more event details.

In partnership with *Orion Communities* in Phoenixville, raising awareness & funds for the Homeless & Hungry in Phoenixville and surrounding communities. Visit orioncommunities.org for more information.

Divisions: 12 & under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60 & over in both male and female.

Kids Fun Run: Kids 10 & under starts 9:00am. Free entry!!

Entry: 5k Trail Run & Walk and Stroll & Roll \$30 for pre-registration by September 25th, \$35 after/10k Trail Run \$35 for pre-registration by September 25, \$40 after/Students under 18 \$25 for pre-registration by September 25th, \$30 after/Registration begins at 8:30am.

Course: Starting at 10:00am, 5k/10K Trail Runs & 5k Walk along our beautiful French Creek Conservation Trail on campus, along French Creek and over clean tributaries. Abundant views of native plant life, peaceful forests, riparian buffers, and wetlands. 10k run is a double loop of the scenic 5k course.

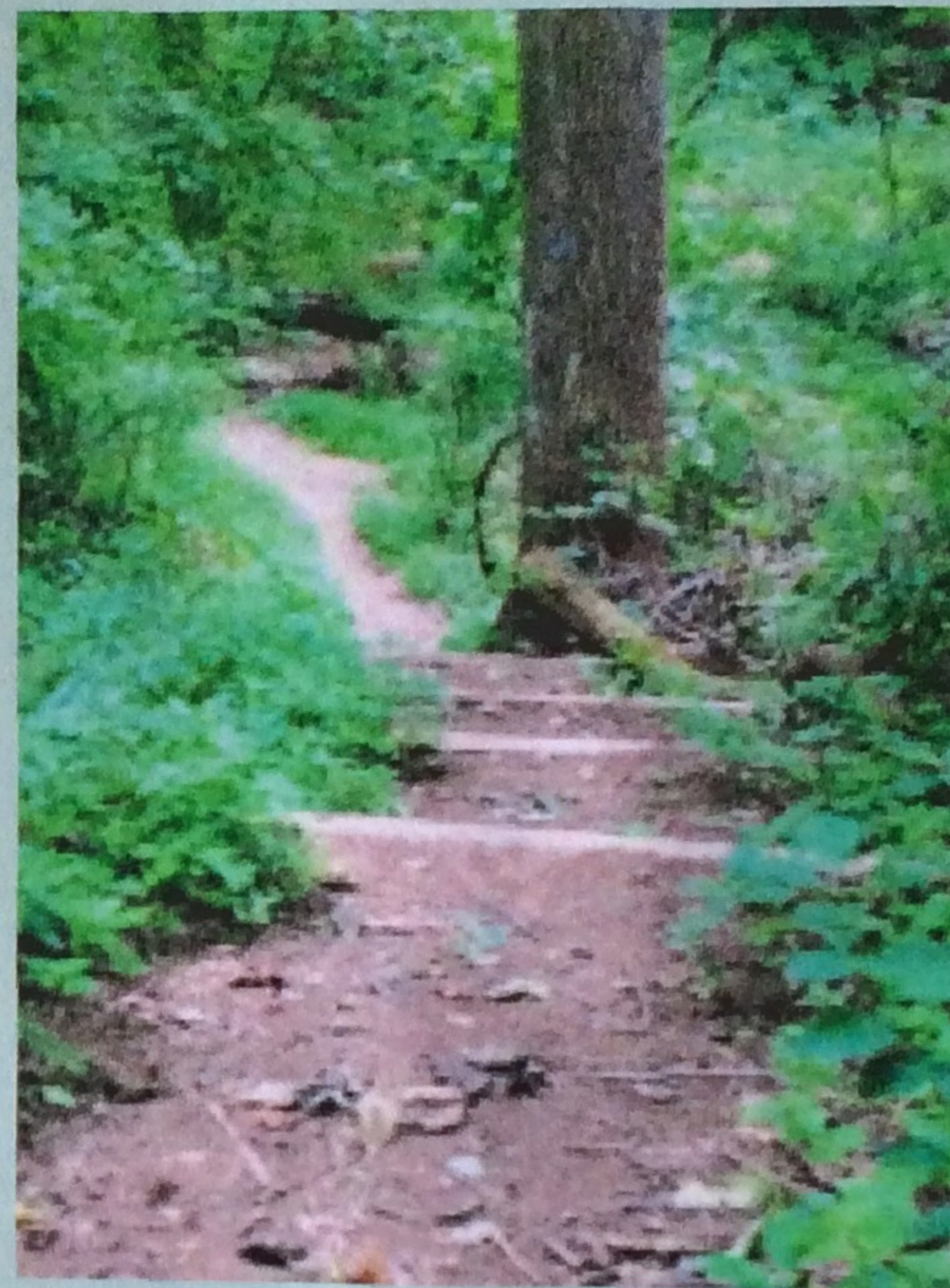
Stroll & Roll: Starting at 9:30am, approx. 1 mile Stroller & Wheelchair race along paved sidewalks & driveways on campus. Awards: Cash for overall male and female, plus separate awards for first, second, and third place. Chester County Running Store Discount Post Cards in all age groups.

Amenities: Performance Tech T-shirt for all pre-registrants, race day 100% cotton shirts while supplies last, free lunch for registrants.

Wellness Fair: 30+ vendors, free massages, free healthy snacks, live music, free children's activities.

Results will be posted on CCRS website: www.runccrs.com.

REGISTER ONLINE AT: www.RUNCCRS.com or www.RUNTHEDAY.com



Name _____ Sex _____ Age _____

Address _____ State _____ Zip _____

Phone Number _____ Email _____

Bring entry with you on race day. Registration is in the HS Gym, where the Wellness Fair is held. Make checks payable to: Kimberton Waldorf School, and put "2016 Trail Run" in the memo section.

WAIVER: In signing this entry I, for myself, my heirs, executors, and administrators release Kimberton Waldorf School, and all of its representatives, and sponsors, from any and all injuries, damages and/or claims of any description which might arise out of this 5k/10k French Creek Trail Run and Wellness Fair/ event. I have read and understand the aforementioned release and sign it voluntarily. I attest I am fit, able, and capable of running and participating in this event.

Signature _____ Date _____