Combine your training with friendly competition, awards and lots of pancakes!

Saturday August 19th, rain or shine One mile 8:00 am, 5K 8:30 Includes breakfast!

Registration

Team Pricing: \$

Race day registration begins at 7:00 am

Sleep late? Pre-registered runners may pick up race numbers on 8/18 from 4:00 - 6:00 pm at the lvyland Church

Where

A scenic, 3.1 mile course through Ivyland Borough and the surrounding area. Starts in front of the Ivyland Church, 51 Gough Ave. in downtown lvyland PA and finishes a block away.

5K Race Awards

Team: Top Male & Female Team

Individual: Top 3 Male & Female Finishers:

	- F	
8 and under	25-29	50-54
9-10	30-34	55-59
11-14	35-39	60-64
15-19	40-44	65-69
20-24	45-49	70-75
		Over 80

Be part of the largest sporting event in Ivyland's 150 year history!

X-Country Challenge

Team	Ivyland Presbyterian Church
Coach	51 Gough Ave.
Name	Ivyland PA 18974
Address	Disclaimer and Release:
City	Parent must sign if participant is under 18 years old.
State Zip	In consideration of this entity being accepted, I hereby for myself, heirs, executors, administrators, and any minor child (if applicable), waive and release any and all rights and claims for damages that I have against all sponsors, and persons employed,
Birth Date	representatives, successors, or otherwise connected with this event in any way and assigns for any and all injuries suffered by
email address	me in said event including travel to and from the event. I verify that I am physically fit and have sufficiently trained for the
Phone ()	completion of this event.
T-Shirt Size S M L XL	Signature



- Shirts for all team members
- Awards Who will take home the pies?
- Lots of water & shade
- Includes a pancake breakfast!
- All the lvyland hospitality you can handle!

Thanks to our sponsors!







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Benefitting the Teri Willis Memorial Scholoarship & the lvyland Fire Company

> Please mail this completed form with a check to: lyyland 5K

Questions? contact Mary Severn • marysevern@gmail.com • (215) 429-9543 • http://ivyland5k.org