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

Saturday August 17th, rain or shine One mile 8:00 am, 5K 8:30 Includes Includes breakfast!

Registration

Team Pricing: \$

Race day registration begins at 7:00 am

Sleep late? Pre-registered runners may pick up race numbers on 8/16 from 4:00 - 6:00 pm at the lyyland 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 Ivyland PA and finishes a block away.

5K Race Awards

X-Country Challenge

Team: Top Male & Female Team

Individual: Top 3 Male & Female Finishers:

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 151 year history!



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

Thanks to our sponsors!



life sciences[™]



Finisher Fitness • Tony's Place Ivyland Borough • Ivyland Fire Co.

Benefitting the Teri Willis Memorial Scholoarship & the Ivyland Fire Company

Please mail this completed form with a check to:

Toom	Ivyland 5K	
Team	Ivyland Presbyterian Church	
Coach	51 Gough Ave.	
Name	Ivyland PA 18974	
Address	Disclaimer and Release: Parent must sign if participant is under 18 years old. 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, representatives, successors, or otherwise connected with this event in any way and assigns for any and all injuries suffered by	
City		
State Zip Male / Female		
Birth Date		
email addressPhone ()	me in said event including travel to and from the event. I verify that I am physically fit and have sufficiently trained for the completion of this event.	
T-Shirt Size S M L XL	Signature	

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