

PENN WYNNE 5K
10th ANNUAL **5K** **RUN & WALK**
10
OCTOBER 30, 2010
 Benefiting the Penn Wynne Library

USATF sanctioned 5K Course
1-Mile Family Fun Walk

- t-shirts for the 1st 200 registrants
- free picnic
- family fun
- moonbounce
- face painting
- awards for all kids

Halloween Fun! Run in Your Costume!

Mike Missanelli of 97.5 FM
The Fanatic is our Emcee



Penn Wynne Library

130 Overbrook Parkway • Wynnewood • 610.642.7844

registration form

(YOU MAY COPY FORM)

NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____ ZIP: _____

PHONE: _____

E-MAIL: _____

AGE (on race day): _____

SEX: M F

T-SHIRT: YM YL S M L XL

AMOUNT ENCLOSED _____

WAIVER: I, the undersigned, (for myself and my heirs, personal representatives and assigns) intending to be legally bound, do hereby waive and release all rights, claims, demands, and/or causes of action against the Penn Wynne Library, Lower Merion Library System, sponsors, organizers and volunteers for any personal injury which I might sustain resulting from said event, immediately known to me or hereafter discovered, and for any and all damages or losses which I might incur, now or in the future arising from or out of my participation in said event. Further, I grant to all of the foregoing the right to use for legitimate purposes my name, any photographs, motion pictures, recordings or any other record of this event.

X _____
 SIGNATURE (parent or guardian if under 18)

course: strollers welcome!

This year we will be continuing with the spectator-friendly courses in both the 5K Race and the 1-Mile Fun Walk for families. Both courses begin and end at the Penn Wynne Library. The Run course includes the flat and downhill sections of Penn Wynne during the first half of the race, followed in the second half by the flatter section through Overbrook Hills. The race winds in a figure eight pattern to allow runners and fans to see each other as the action unfolds. The 1-Mile Fun Walk heads down Overbrook Parkway and loops back to the library, giving participants of all ages and speeds the thrill of crossing the finish line.

For course details, visit our website at www.pennwynne5k.org.



awards



The overall top 3 female and male runners will receive trophies. The first male and female runner will also receive a gift certificate to Philadelphia Runner. Medals will also go to the top female and male runner in each age group. All youth finishers of the 5K and all Tot Trot participants will receive a ribbon. \$75 gift certificates to Gymboree awarded to the top 5K finishers with strollers! Top costumed runners will receive special awards!

age groups:

10 and under	30 - 39
11- 15	40 - 49
16 - 19	50 - 59
20 - 29	60 and over

water facilities:

A water station will be located at the 1.5 mile point; complimentary water will be provided along the course by the Church of the Holy Apostles. Restrooms are located inside the library and the adjacent Penn Wynne Presbyterian Church.

schedule:

8:00 a.m. Registration begins

8:30 a.m. Organized stretching before race.

9:00 a.m. Start of the Race in front of the library

9:45 a.m. Tot Trot (Prizes for ages 7 and under)

10:00 –11:00 a.m. Awards Ceremony and Post Race Picnic



Halloween fun for kids!

1-Mile Family Fun Walk

ribbons for all kids

- moonbounce • face painting
- DJ • games • tot trot • tug-of-war
- **Plus Halloween Costume Awards!** •

registration:

- \$20 Registration received before 10/25/10
- \$25 Registration on or after 10/25/10
- \$55 Family Rate Registration received before 10/25/10
- \$50 Family Rate Registration on or after 10/25/2010

Make check payable to: Penn Wynne 5K and send to:

Penn Wynne 5K run/walk
c/o Avri Dub

133 Overbrook Pkwy., Wynnewood, PA 19096

OR

register online at www.pennwynne5k.org.

until October 25.

There is a \$1 surcharge for online registration.

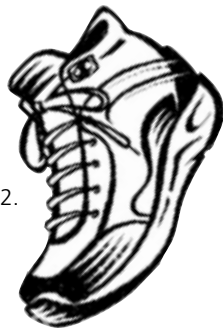
OR register at the Penn Wynne Library

OR on Saturday, October 30, from
7:30–8:30 a.m. before the race begins.

for more information:

Call Patricia Green at 610-649-2992.

Sanctioned by USA Track &
Field Association.



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