



FREEZER 5K RUN & 1 MILE FAMILY FUN WALK

Mail Entry Forms to:

Attn: Freezer 5K
Horsham Township Parks
1025 Horsham Road
Horsham PA 19044

Make checks payable to:

Horsham Township
Please direct questions to
Rick Lutz, Director of Park and Recreation
215-672-6913

our definition of **community**

com·mu·ni·ty

/kuh-myoo-ni-tee/ plural com-mu-ni-ties.

1. a social group of any size whose members reside in a specific locality, share government, and often have a common cultural and historical heritage.
2. a locality inhabited by such a group.
3. a social, occupational, or other group sharing common characteristics or interests and perceived or perceiving itself as distinct in some respect from the larger society within which it exists (usually preceded by the): the business community; the community of scholars.

4. **Horsham Township**



5th

ANNUAL

FREEZER 5K RUN & 1 MILE FAMILY FUN WALK

Sunday December 11, 2016

Trail Course; Starts at Simmons Elementary School 411
Babylon Road Horsham, PA 19044
and covers a portion of the flat and fast Powerline Trail

5K Run Starts at 10AM

1 mile Family Fun Walk starts at 9:45AM

Rain, Snow or Shine

Register at www.Freezer5K.com

Proceeds of this race will benefit the Horsham Township Parks
and Recreation Department and families in Horsham Township.

Race Amenities

- Race professionally chip timed from start to finish
- Beautiful Powerline trail course
- 5K Run long sleeve race shirt
- 1 mile family fun walk t-shirt
- Pre and post race activities for the whole family
- Entertainment, DJ, giveaways and more

Awards

- Overall male and female top 3
- Age group awards 1st, 2nd, 3rd male and female
- Under 9 10-12 13-19 20-29 30-39
40-49 50-59 60-69 70+

5K Pre-registration

\$30 Online at www.Freezer5K.com, by mail or in person at the Horsham Township building by November 28th, 2016.

5K Race Day Registration

\$35 at Simmons Elementary School from 8:30am-9:30am

1 Mile Family Fun Walk Registration

\$15 Online, in person, or by mail. Includes a t-shirt

Register by November 18 and be guaranteed a hooded sweatshirt in your size. Online registration ends 12/13/2015. Group discounts available to groups of 10 or more. Call Rick Lutz at 215-672-6913.

Packet Pick Up

You may pick up your registration packet of a race shirt and race bib December 12, 2016

Horsham Community Center
1025 Horsham Road
Horsham, Pa 19044

Sponsorships and Donations

There are a variety of ways to support the community and be involved with the Horsham Township Trails Freezer 5K Run and 1 Mile Family Fun walk. If you do not plan to participate, you can support our efforts with a donation, in-kind donation, volunteer your time or sign up for a sponsorship and receive great advertising benefits. To obtain information on sponsorship levels, please contact Rick Lutz 215-672-6913 or rlutz@horsham.org

Special Thanks To

Crossfit Generation

Eagle's Peak

Greater Horsham Chamber of Commerce

Hatboro YMCA

Horsham Township Police Department

Horsham Township Parks and Recreation

Lee's Hoagies

Mary Dare

SWIFT Running Group

Ted Taylor Public Relations

2016 Freezer 5k

Registration Form

(Please Print) One per person

Last Name: _____

First Name: _____

Sex: (check one) Male Female

Address: _____

City: _____

State: _____ Zip: _____

Birthdate: _____ Age on race day: _____

Email: _____

Registering for (check one)

5K Run

1 Mile Family Fun Walk

Hooded Sweat Shirt Size (check one)

Adult: S M L XL XXL

Child: S M L

Fee Enclosed: \$ _____

(checks payable to Horsham Township)

Waiver and Release: 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 affects 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 event is held, all owners of properties through which the race crosses, the race committee, volunteers, runtheday race management, all other organizations directly or indirectly associated with the race, any or all sponsors including their agents, employees, assigns or anyone 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: _____

Date: _____

(if under 18, a parent or guardian signature is required)