

# Greater Glenside Patriotic Association

8<sup>th</sup> Annual "Keep the Parade Running"

## 5K RUN & 1 Mile Fun Walk

In Memory of Mike Gillespie

Sat, April 13, 2019 - 8 AM - Glenside, PA



**All Proceeds Benefit the Glenside July 4<sup>th</sup> Parade and Fireworks**

[www.glensideparade.com](http://www.glensideparade.com)

**LOCATION/REGISTRATION:** Starts at the North Penn VFW in Glenside, 2519 Jenkintown Road, Glenside; Registration/number pickup at the VFW starting at 7:00 AM. 5K at 8:00 AM, 1 mile fun walk immediately following the start of the 5k.

**PRE-RACE DAY PACKET PICK-UP:** Thursday April 11<sup>th</sup> & Friday April 12<sup>th</sup>, 6-8pm in the North Penn VFW lobby.

**COURSE:** The 5K course will take two loops through scenic Glenside with a few rolling hills throughout to provide just enough of a challenge to satisfy every level of runner. Roads are closed for the race.

**AMENITIES:** Those who register by March 25<sup>th</sup> receive a "Keep the Parade Running" tech running t-shirt. There will be refreshments for finishers, indoor toilet facilities, ample parking, time clock at finish, instant results (provided by Pretzel City Sports) and awards presented following the run. Awards will not be mailed. Additionally, the VFW bar and restaurant will be open for you and your family to celebrate your successful run. This event will be held rain or shine. No refunds.

**ENTRY:**

Online registration: [www.signmeup.com/129196](http://www.signmeup.com/129196)  
or scan the following code:



**Individuals**

\$25 if postmarked by March 25<sup>th</sup>  
\$30 from March 26<sup>th</sup> to race day

**Group (5 Person Minimum)**

\$20 per person  
Groups may be any combination of runners/walkers  
Use mail-in form or email [5k@glensideparade.com](mailto:5k@glensideparade.com) to request a code for online group registration.

**Mail-in registration:**

MAIL CHECK PAYABLE TO "GGPA" & FORM BELOW TO:  
Keep the Parade Running,  
C/O: Carol Gillespie,  
354 Roberts Ave, Glenside, PA 19038-0072

**Shirt Deadline  
March 25th**

.....Please Print Clearly.....

Group Name: \_\_\_\_\_ Group Coordinator's Name: \_\_\_\_\_

Last name \_\_\_\_\_ First name \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_ Age on Race Day (or birthdate MMDDYYYY): \_\_\_\_\_

Race (circle one): 5K or Fun Walk Sex (circle one): M or F Phone: (\_\_\_\_) \_\_\_\_\_ A.M. or P.M.

Shirt Size - (circle one): Men's: S M L XL XXL email \_\_\_\_\_  
Women's: S M L XL

Emergency Contact Name: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

Waiver and Release: the undersigned (over age 18) intending to be legally bound, do hereby waive and release all rights, claims, demands, and/or causes against Greater Glenside Patriotic Association, North Penn VFW of Glenside, Keep the Parade Running, and all other race sponsors for any personal injury which I might sustain during the race, immediately known to me or hereafter discovered and for any and all other damages or losses which I might incur now or in the future arising from or out of my participation in this race, and on my travel to and from this race. I verify that I am physically fit and have trained sufficiently. Permission is granted to use my photograph and name for any and all purposes.

Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/ 2019

Under 18 Guardian Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/ 2019