

5K Run & 1-Mile Fun Run/Walk Registration:

Pre-Registration: (Must be received by April 30)

\$25.00 - 5K or Fun Run/walk or Bike Race- \$10.00

** This will get you a t-shirt race day**

Post Registration: (After May 1, including Race Day)

\$30.00 - 5K or Fun Run/walk or Bike Race - \$10.00

1 Mile & Bike Race Combo: \$15 (age appropriate)

Pre-Registration is received before May 1st.

FAMILY REGISTRATION: (up to 4)

Pre-Reg: \$60

Post Reg to race day \$65

****Race Packet Pick-up:** June 21st from 4-7:00 p.m. at

Justin's Carriage House in Skippack or Race Day from 6-7:45 a.m. – to before race at Justin's Carriage House

Amenities:

◆ T-Shirts for all pre-registered and also available on race day *while they last* (**Dri-release** available to pre-register **ONLY** for additional fee, see form).

◆ Refreshments, prompt awards, ample parking, restrooms, food and water along course.

◆ All participants entered into raffle drawing for door prizes. Must be present to win prizes.

◆ ◆ **All registration received by June 5th** will automatically be entered to win a **BRAND NEW BICYCLE** (donated by **Village Velo - Skippack**). On Race Day, Chances will be \$1 and 6 for \$5. Must be present to win prizes.

Course:

◆ Wheel Measured 5K course through the beautiful Skippack Village and surrounding community.

Kid's Bike Race: (Age 5-13):

◆ Age groups:

◆ 5-7 ◆ 8-10 ◆ Ages 11-13

◆ Awards to the top 3 in each group

Bike Race Rules:

HELMETS ARE REQUIRED to be worn for participation in the race, **NO EXCEPTIONS!**

- No tricycles, balance bikes or training wheels are permitted.
- **Pre-race bike inspections** performed by the mechanics at Village Velo Bike Shop in Skippack are also **required for participation to confirm road worthiness of bicycle.**

***** FREE** Pre-race inspections will include:

- Inspecting proper braking and shifting of bicycle
- Wear status/Conditions of tires and tubes
- Hardware torque check

Bikes that have successfully passed the pre-race bike inspection will receive an **ID band that must be attached to the bike prior to the race.** All pre-race bike inspections are complimentary with race registration, any additional parts or service determined necessary by Village Velo will be the expense of bike owner. Pre-bike race inspections will be offered on the day of the race as well but are encouraged to be done prior to avoid the morning rush on the 22nd. Village Velo cannot guarantee completion of day-of pre-race bike inspections. All day of pre-race bike inspections will be on a first come first serve basis.

**** Children in all age groups must ride confidently without assistance; parents may not ride with their child. There will be staggered starts for the race determined by age group.

5K Run & 1-Mile Fun Run/Walk Awards:

- ◆ A \$50 cash award to the overall first male/female runner in 5K.
- ◆ Awards to the top 3 male/female runners in the following age categories:
 - ◆ 10& under ◆ 11-14 ◆ 15-19 ◆ 20-29
 - ◆ 30-39 ◆ 40-49 ◆ 50-59 ◆ 60-69
 - ◆ 70 & Up...

Skippack Lions



5K & 1 Mile Fun Run
and Kid's Bike Race

Saturday June 22

You can register: **ON LINE NOW**
or on Race Day 6-7:45 a.m.

1 Mile Fun Run – 8:00 a.m.

Kids Bike Race about 8:15 am

5K Run – Soon After

In Skippack, PA

Rain or Shine





Who Are The Lions

Lionism was started on June 7, 1917 by Melvin Jones in Chicago when the young insurance agent saw a need to establish a civic organization dedicated to the community and the unfortunate. In 1925, Helen Keller challenged the new civic club to become "Knights of the Blind." Today the Lions are the largest civic club with worldwide membership in almost every country.

The Skippack Lions Club was formed in September 1953 and has been active ever since. They sponsor the Skippack Ambulance and the Skippack Recreational Association. Play-ground equipment, benches, as well as thousands of dollars have been contributed to the blind and needy by community-minded, hard-working Skippack Lions.

In the fun sense they sponsor an annual Easter Egg Hunt and the famous Halloween Parade since 1953. Some of the other local activities include:

- Holiday Food Baskets • Community Calendar • White Cane Days and 5K & 1-Mile Fun Run

****If you would like to join the Skippack Lions Club and help your community, ask us how.**

Sponsored By:

Krantz Family Chiropractic & Wellness Center, Justin's Carriage House, William Funeral Homes, Amin Medical Center – Skippack, Haines & Kibblehouse, NP Water, Wawa - Skippack, LeighValley Farms, Zeigler's, HCP Group, Skippack Beverages, Black Sheep Pottery- Skippack, Award Printing-Skipack, Marino Corporation, Simply Be Well, Skippack, Source One Auto, and **Village Velo**



Directions:

FROM PHILADELPHIA:

West on Schuylkill Expressway (I 76), then North on Blue Route (I 476). Continue North on I 476 PA Turnpike to Northeast Extension Exit 31(Lansdale). Follow directions from Turnpike Below.

FROM PA TURNPIKE:

Lansdale (Exit 31) on NE Extension. Turn Right off exit onto 63W. 1st light Left onto Old Forty Foot Rd. Follow road around to light. Right onto 73W (Skippack Pike). ½ Mile on Right -Justin's Carriage House.

From Collegeville:

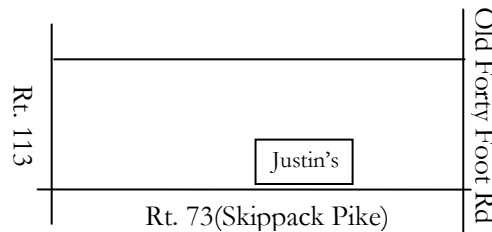
Route 29N to Rt.113N. Right onto 113N. At light, Make Right onto Rt. 73E (Skippack Pike), ½ Mile Justin's Carriage House is on Left.

From Blue Bell

73 West to Skippack and Justin's Carriage House on Right.

Parking Available at Justin's Carriage House

Be there before 7:50 a.m. After 8:00 a.m. the roads will be closed off and you will have to find parking around town.



For additional information, contact Dr. Mike

at (610) 222-9555 or visit our website:

www.SkipackLionsFunRun.Com

Registration Form WAIVER & RELEASE

(Each Runner/Bike/Walker must complete this form, copy if needed)

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____ Gender: ""M"" F

Age on race day: _____ Email: _____

Please Circle One: 5K or 1-Mile or Kids Bike Race

T- Shirt Size (Circle One)" S ""M ""L "" XL

DRI-RELEASE T-SHIRTS ADD \$10.to TOTAL

HAVE YOU ENTERED THE RACE BEFORE? YES or NO

Entrants please read and make sure you thoroughly understand this waiver before signing.

In consideration of being permitted to participate in the Lions 5k & 1Mile Fun Run and Kid's Bike Race, I, the undersigned intending to be legally bounded hereby for myself, my heirs, executors, administrators and personal representatives, hereby waive and release any and all rights and claims for damages, illness, injuries, or losses which I have or may have or which may occur to me against all race officials and all organizations conducting or involved in this event, including but not limited to Skippack Lions Club, Township of Skippack or Lower Salford, and any and all of their employees, agents, representatives, successors and assigns, that may result from my participation in said event. I am in excellent health and in proper physical condition to participate in said event. Further, I hereby grant full permission to the aforementioned persons or organizations to use my name and/or picture in newspaper, videotape, email or any other record or account of the event for any purpose whatsoever.

Signature: _____

(Parent/Guardian Signature if under 18, parent must be at the event for sign up)

Detach & Mail

Non-refundable checks or money orders to:

Skippack Lions Club

C/o Krantz Family Chiropractic, 3882 Skippack Pike
PO BOX 159 - Skippack, PA 19474.