

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

Early Registration: \$25.00 - 5K till 5/8 and Fun Run/walk - \$10.00

Pre-Registration: (Must be received by June 5)

\$25 - 5K or Fun Run/walk - \$10.00

* This will get you a t-shirt - if received by June 5*

Post Registration:

(After June 5 up to Race Day)

CALL ABOUT FAMILY REGISTRATION RATE

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

The Stray Dog Tavern (old Justin's Carriage House) in Skippack or Race Day from 6-7:50 a.m. – at The Stray Dog Tavern

Amenities:

◆ T-Shirts for all pre-registered (before June 1) and also available on race day *while they last* ◆ Refreshments, prompt awards, ample parking, restrooms and water along course, “goodie” bags to all pre-registered participants.

Course: ** (5K has Chip Timing) ******

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

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



SCAN For Quick
Registration

Skippack Lions Club
c/o Krantz Family Chiropractic
3882 Skippack Pike – PO BOX 159
Skippack, PA 19474
(610) 222-9555

23rd Annual Skippack Lions



5K & 1 Mile

Fun Run

You can register: 6:30 -7:50a.m.
on Race Day or ON LINE NOW

1 Mile Fun Run – 8:00 a.m.

5K Run – Soon After

In Skippack, PA

Rain or Shine



Saturday June 22nd

Postage



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.

Some of the other local activities include:

- Holiday Food Baskets • College Scholarship Awards • Leader Dog Foundation and 5K & 1-Mile Fun Run

Sponsored By:

Krantz Family Chiropractic & Wellness Center, Amin Medical Centers, William Funeral Homes, Marino Corp, Wawa - Skippack, LeighValley Farms, HCP Group, Calvitti Cooling, Radomski & Sons, Skippack Beverages, Lutz Coal & Wood, Black Sheep Pottery-Skipack, Simply Be Well, Skippack EyeCare, Skippack Vision, Source One Auto, Slack & Son, Skippack Dentistry, H&K Group, Bike & Sol, AcritAcuity, The Stray Dog Tavern, Page Six



www.henningsmarket.com

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 – The Stray Dog Tavern (Old Justin's).

From Collegeville:

Route 29N to Rt.113N. Right onto 113N. At light, Make Right onto Rt. 73E (Skippack Pike), ½ Mile on Left - The Stray Dog Tavern (Old Justin's).

From Blue Bell

73 West to Skippack and The Stray Dog Tavern (Old Justin's) on Right.

Parking Available at The Stray Dog Tavern

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. skippacklions.org/5kandfunrun](http://www.skippacklions.org/5kandfunrun)

Registration Form WAIVER & RELEASE

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

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____ Gender: M or F

Age on race day: _____ Email: _____

Please Circle One: 5K or 1-Mile Fun Run/Walk

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, 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.