8th Annual
Celebration 5K Run
Norristown, PA

July 4, 2016
8:30am

In celebration of our country's birthday, East Norriton, West Norriton, and the Municipality of Norristown present the 8th Annual Celebration 5K run. The course will begin and end at Norristown Area High School and will mostly be in the Norristown Farm Park. Proceeds from the race will be donated to Norristown High School's "JROTC" program..

Registration: *Early bird* registration is only $15 if it is postmarked by May 2nd ! A real bargain!
The cost of the race is $20.00 if your entry is postmarked before June 20th, 2016
Registration after *June 20th* and on race day is $25.00. Registration begins at 7:00am on race day.
Registration on the day of the race begins at 7:00am and ends at 8:15am.

The first **200** registrants for the 5k will receive a high-quality TECH short sleeve shirt.
A limited number of t-shirts will be available on race day.

Awards: Trophies & $100 cash to overall male and female winner. Age groups awards totaling over 65 awards.
Awards to fastest East Norriton, West Norriton, and Municipality of Norristown Residents (male/female).

Course Records: A $50 bonus to the runner that sets a new course record for men and/or women.
MEN—John Gries 15:16 WOMEN—Crystal Burnick 18:10

TEAR HERE AND MAIL!

Make Checks payable to: East Norriton Township
Mail check and completed form to:

East Norriton Township
Celebration 5K Run
2501 Stanbridge St.
East Norriton, PA 19401

T-shirt size _____ (small, medium, large, XL, or XXL) **total amount enclosed** _____

Name _____ **Gender** _____ **Date of Birth** _____ **Age on race day** _____
Mailing Address _____ **Phone number** _____
Email address _____ (please print!)

Borough/Township/Municipality that you live in _____.

Waiver: All participants must sign this waiver. Running a 5K road race requires physical stamina and endurance. By signing this I certify I am prepared for the race and any weather conditions. I waive all right for claims of injuries which may result from my participation in the Celebration 5K. I release East Norriton Township, West Norriton Township, Neil Schafer, Brian Kennedy and the Municipality of Norristown or any other persons connected with the race to use my photo, name, or result in any media. I understand there are no refunds and that the decision of the race director is final. I accept that there is human error and will accept any time discrepancies. Runners under the age of 18 must have a parent or guardian sign as well. All P.I.A.A. and NCAA guidelines will be followed, but student-athletes should use caution when accepting awards. Please use one form per runner. The decision of the race timer is final.

Age group award numbers are based on last year's race. No duplicate awards except for fastest residents!

Female:	Male:
18 & under (3)	18 & under (3)
19-24 (3)	19-24 (3)
25-29 (3)	25-29 (3)
30-34 (3)	30-34 (3)
35-39 (4)	35-39 (5)
40-49 (7)	40-49 (6)
50-59 (7)	50-59 (5)
60-69 (3)	60-69 (2)
70 & over (1)	70-over (1)

Race will be run rain or shine!

Food and water at finish.

Course description: The course is run on paved road. The course will start and end at Norristown Area High School. The race will cross over Whitehall Road into the park. Police will block traffic. The course will loop through the Norristown Farm Park and return back to the High School. The Farm Park is closed to traffic, but caution should still be used. Mile splits will be marked. Water will be at the approximate halfway point. Runners can expect beautiful scenery and some rolling hills.

Questions? Email Neil at celebration5k@yahoo.com

Top time	Age group	Top time
Harper Pollio-Barbee 17:40	18 & under	Kara Steinke 19:38
Jon Gries 15:16 (CR)	19-24	Krista Johnson 18:40
Brian Kitchen 17:34	25-29	Crystal Burnick 18:10 (CR)
Lowell Ladd 16:44	30-34	Katie Ulrich 20:42
Mark Bersheim 17:42	35-39	Justyna Wilson 19:13
Ken Barbee 17:31	40-49	Amy Hydock 21:47
Mike Precopio 18:16	50-59	Denise Paniconi 24:15
Dan Neitz 20:15	60-69	Ann Bacon 30:21
Bruce Gilbert 27:00	70 & over	Sue Huston 41:02

Timing provided by:

Peak Race Timing/Brian Schafer

www.peakrace.com