

3rd Annual | **Miles for Moms 5K**

Mom's House

of Greater Philadelphia

5K WALK/RUN



Sunday, March 25th, 2012 @ Phoenixville Area High School
1200 Gay Street, Phoenixville

Registration starts at 7:30AM

5K Run 9:00AM

1 Mile Fun Walk 9:05AM

Course: Starts at the school, winds along residential streets finishing on the Stadium Track. Course marshals and signs along the course to assure participant direction and safety.

5K Awards: 1st, 2nd, and 3rd by age group: 10 & under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & over.

Cash award to overall male and female

- T-shirts for all pre-registered and while they last on race day
 - Water and snacks provided
 - Timing by Athlete's Closet

For more information call Dotty Frey at 610-935-7711 or email dfrey_momshouse@verizon.net. You may also visit us online www.momshouse-phoenixville.org

MILES FOR MOMS LUNCH SPECIAL

**PICK 3 CHOICES
FOR ONLY \$9.95!**



CHOICE OF STARTER

Soup or Side Salad

ITALIAN SAUSAGE ORZO SOUP
CAESAR SALAD
MIXED GREENS SALAD
(CHOICE OF DRESSING)

SALAD OR SANDWICH

Salad

SMALL FALL HARVEST SALAD
SMALL BISTRO SALAD

Panini/Sandwich

CAPRESE
GRILLED VEGETABLE
TURKEY AND BRIW
PESTO CHICKEN
VEGGIE BURGER
HAMBURGER

CHOICE OF SIDE

Sides

SEASONAL VEGETABLES
SEASONAL POTATO
SAFFRON RICE
FRENCH FRIES

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REGISTRATION FORM

CONTACT INFORMATION		
Name	Address	
City	State	Zip Code
Phone	Email	

INDIVIDUAL PARTICIPANT INFORMATION

FIRST AND LAST NAME	SEX	AGE	5K OR 1MILE	T-SHIRT SIZE
	M F		5K 1 Mile	S M L XL
	M F		5K 1 Mile	S M L XL
	M F		5K 1 Mile	S M L XL
	M F		5K 1 Mile	S M L XL
	M F		5K 1 Mile	S M L XL

EVENT	FEE	QTY	SUBTOTAL
5K Run/Walk	\$20.00 <i>\$25.00 on race day</i>		
Children 12 & Under	\$10.00 <i>t-shirt included</i>		
Family Rate	\$50.00 <i>3 or more in same family, maximum of 3 t-shirts</i>		
Mile Fun Walk	\$5.00 <i>t-shirt not included</i>		
Miles for Moms Lunch Special	\$9.95 <i>pickup coupon at registration booth adjacent to track</i>		
I am unable to attend but would like to donate: \$ _____			TOTAL

Make checks payable to "Mom's House".

Mail to Mom's House, 152 Church St., Phoenixville, PA 19460 or bring with you to the event.

WAIVER AND RELEASE OF LIABILITY	
In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, waive and release all rights and claims for damages I may have against the organizers, sponsors, volunteers, officials and any other individuals associated with this event and will hold them harmless from any injury suffered by me. Also, none of the above are responsible for the loss of personal items nor any other form of aggravation in connection with said event. I understand that road racing is a potentially hazardous activity.	
Signature (Guardian if Under 18)	Date