

# Dragon Dash

Enjoy a spring run through the scenic streets of Somerton  
to benefit the St. Christopher School



## 5K Run/1 Mile Fun Run/Walk

Saturday, April 9, 2016

5K Starts 8:00 am from Trainer Hall, 1 Mile starts 8:30  
13305 Proctor Road, Philadelphia, PA 19116 - Somerton

All pre-registrants will receive a t-shirt; Youth and Adult sizes available

**AWARDS**

- Top 3 Men & Women overall
- Top 3 Runners by Age Group
- Top 3 St. Christopher Alumni

Course & Additional Info: [www.stchrisstrong.org](http://www.stchrisstrong.org)  
Register online: [www.pretzelcitysports.com](http://www.pretzelcitysports.com)

### Registration Information

- Pre-registration fee is \$20; must be postmarked by March 25<sup>th</sup>; thereafter, registration fee is \$25
- Race packets are available for pick-up on Friday, April 8<sup>th</sup> from 6:00---8:00 pm in School Lobby
- Race Day Registration is from 7:00-7:45 am in Trainer Hall; parking available behind school on Lindsay Street

*Winners only eligible for 1 award*  
*All proceeds from the Dragon Dash benefit St. Christopher School*

**YES, I would like to run/walk:**

\$20 (before 3/25)  
 \$25 (3/26 and after)

**No, I can't make the run/walk, but I'd like to contribute:**

\$25  \$50  \$ \_\_\_\_\_

*Make checks payable to:*  
**St. Christopher** and mail to:  
13305 Proctor Road  
Philadelphia, PA 19116

### Entry Form

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Phone # \_\_\_\_\_ Gender M F

Age on Race Day \_\_\_\_\_ T-Shirt Size YM YL S M L XL XXL

Race  5K  1 mile run/walk

St. Chris Alum?  No  Yes Graduation Year \_\_\_\_\_



Waiver: I know that running is a potentially hazardous activity requiring proper training. I realize there will be traffic, debris, poor footing, & other hazards on the course and assume the risk for running on it. I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive, release, & forever discharge the organizers of this event, Saint Christopher's School and Church, all municipalities in which the event is held, all owners of properties through which the race crosses, the race committee, volunteers, sponsors, or anyone else associated with the race from any or all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event. This waiver extends to all claims of every kind or nature: foreseen or unforeseen, known or unknown, even if caused in whole or in part by any negligence, strict liability, actions, or inactions of the Released Parties. I grant permission to all the foregoing groups to use any photographs, motion pictures, recordings, or other record of this event for any legitimate purpose, without compensation. I understand this race is not intended for baby joggers, headphones, skates, roller blades, or pets, and I will abide by these guidelines.

Signature (Parent/Guardian Signature if under 18) \_\_\_\_\_ Date \_\_\_\_\_