



CLAP 4th ANNUAL 5K Run/Walk & 1 Mile Walk Norristown Farm Park, PA

Saturday, October 31, 2026

9:00AM 5K run/walk & 1Mile walk

WHO: Runners of all ages. Gather your family, friends and co-workers. Walkers are also invited to participate using the same course. **The course is stroller and dog friendly (on leash). Rain or Shine!**

WHY: CLAP (Cancer Legacy in Action Projects) assists and encourages individuals (primarily who have lost an immediate family member to cancer to carry out projects or actions that extend their loved one's legacy.

WHERE: Norristown Farm Park, Pavilion 1. : The park's main entrance is located at 502 W. Germantown Pike. Turn right onto Barley Sheaf Drive. Once you are on Barley Sheaf Drive continue to the right and follow signage to Pavilion #1 and #2. There will be CLAP race signs to help guide you to the parking, bib pick-up area and start of the race.

WHEN: Saturday, October 31, 2026
8:00 a.m. – Packet Pick-up begins
9:00 a.m. – 5K Run/Walk begins
9:05 a.m. – 1 Mile Walk begins
10:15 a.m. – Award presentation at Pavilion

DIRECTIONS:

· Use **502 W. Germantown Pike, NORRISTOWN** as GPS address for correct park entrance; CLAP signs will direct you to Pavilion #1

QUESTIONS: Email: Brenda.koehler@comcast.net or text 610-574-3950

HOW: Complete the form below and submit appropriate amount.

Check payable to **CLAP or VENMO @CLAP-USA**

5k or 1 Mile Entry Fee: \$30 if registered by October 15th to receive a t-shirt. The fee for entries received after October 15th, is \$35, T-shirts not guaranteed. Size requests will be honored to the best of our ability.
NO RACE DAY REGISTRATION.

Optional Online Registration Available at

<https://www.pretzelcitysports.com/online-registration/>

(Nominal service fee applies, closes midnight, Wed. of race week)

5k AWARDS: Medal and \$25 will be presented to Overall Female and Male Champion. Medals presented to top three (3) Female and three (3) Male finishers in each of the following age buckets: 14 and under, 15-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70+ years. **COSTUME AWARDS TOO!**

RESULTS: Finish line and timing service by Pretzel City Sports. Official Race Results posted on www.pretzelcitysports.com by noon of the first business day after the race.

Checks payable to CLAP and mailed to: 453 Reginald Lane, Collegeville, PA 19426

REGISTRATION: CLAP 5k Run/Walk and 1 Mile Walk: Complete this portion. Detach and mail. Include \$30 early registration fee by October 15th. The fee for entries received after October 15th is \$35. Checks payable to "CLAP".

Name _____ Address _____

Please print

City _____ State _____ Zip _____ Age (on Race Day) _____

Gender: Male Female **Event (circle one):** 5k RUNNER 5k WALKER 1 Mile WALKER

Phone _____ E-mail address _____

T-shirt size (circle one)

Adult S M L XL XXL

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to CLAP, the City of Norristown and those in their employ, the County of Montgomery, and all their representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running in this event including, but not limited to: falls; contact with other participants; the effects of the weather, including high heat and/or humidity; and the condition of the road; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event.

Signature X _____ Date _____

(Parent or guardian's signature if less than 18 years of age.)