

The Foundation for Wallingford Swarthmore Schools presents:

# Panther Pajama Run, Walk & Pancake Breakfast



Saturday, November 12, 2016 at 9 AM

Strath Haven Stadium, Wallingford, PA

5K, 1.2 Mile Family Walk & Kids' Races on the Track!

## SCHEDULE

8:00 am	Registration open, entrance to George L. King Stadium
9:00 am	5K Run & 1.2 Mile Walk begin
9:15 am	K-5 Kids' Races on the Track
9:30-11:00	Pancake Breakfast in Middle School Cafeteria
10:30 am	Awards

Don't Forget the WSSD WELLNESS FAIR at STRATH HAVEN HIGH SCHOOL – 10am – 2pm!

<b>Race Course:</b>	5 k (3.1 mile) road course with stadium track finish
<b>Registration:</b>	<a href="http://www.runtheday.com">www.runtheday.com</a>
<b>Entry Fees:</b>	<u>5K:</u> \$25 online/\$30 race day; students \$15 online/\$20 race day <u>1.2 Mile Walk/Kids Races:</u> \$10 kids/\$12 adults online; \$12 kids/\$15 adults race day

**All entries include Pancake Breakfast! First 300 5K runners receive a t-shirt. Seniors pay student/kid rate!**

**Breakfast:** Pancake breakfast, free with registration, available 9:30-11:00. Extra breakfast tickets sold at the door for \$10 children/\$12 adults.

**Awards:** 5K Age Group, K-5<sup>th</sup> Grade Races, Best Pajamas Awards, Couch to 5K

Information & registration at [www.runtheday.com](http://www.runtheday.com)