



presents the **5th Annual**
Steps to Survival 5K Run/Walk and 1 Mile Fun Run
Saturday, April 27, 2013 (Rain or Shine)

***NEW this year: Professional timing services by Pretzel City Sports**
Proceeds benefit SARCC of Lebanon County

TIME: Registration 8-9AM - 5k Run/Walk Begin Promptly at 9AM – 1 Mile Fun Run Begins at 9:40AM

LOCATION: Lebanon Valley Rail Trail, 80 Rocherty Road, Lebanon, behind Lebanon Expo Center and Fairgrounds / Use the second entrance coming from the West on Rocherty Road - SIGNS WILL BE POSTED

COURSE: Flat course, stroller friendly and dogs are welcome! Please clean up after your dog.

AWARDS: Ceremony to follow Fun Run. Medals presented to Top 3 Males & Females per age group.
Ages: 0-18; 19-29; 30-39; 40-49; 50-59; 60+

ENTRY:

5K & 1 Mile Fun Run: \$20 if postmarked by Saturday, April 13, 2013
\$25 if not pre-registered by April 13, 2013

T-Shirts are guaranteed if pre-registered. Bandanas available for dogs, while supplies last!



Mail check payable to "SARCC" and Registration Form below to:

SARCC, PO BOX 836, Lebanon, PA 17042

ONLINE REGISTRATION IS AVAILABLE ON WWW.PRETZELCITYSPORTS.COM

Each participant needs to complete a separate registration form

If you have questions, please call SARCC at 717-270-6972 ext. 350

DIRECTIONS: Directions to Lebanon Valley Expo Center & Fairgrounds:

From the PA TURNPIKE West to Lebanon-Lancaster Exit #266. Take Route 72 North, approx. 5 miles to the 2nd traffic light. (Rocherty Road) Turn **RIGHT** onto Rocherty and drive thru the next traffic light. The Lebanon Valley Expo is on the right hand side.
FROM THE WEST From the PA TURNPIKE East to Lebanon-Lancaster Exit #20. Take Route 72 North approx. 5 miles to 2nd traffic light. (Rocherty Road) Turn **RIGHT** onto Rocherty and go thru next traffic light. The Lebanon Valley Expo is on the right hand side. **FROM LANCASTER COUNTY**- Take Route 30 to 72 North - OR - Route 322 to 72 North. You will pass the Quentin Horse Riding Club on the right. Go to next Traffic light (Rocherty Road). Turn **RIGHT** onto Rocherty and go thru next traffic light. The Lebanon Valley Expo is on the right hand side. **FROM THE NORTH** Access PA Route 72 South thru Lebanon, turn **LEFT** onto Rocherty Road (Sheetz Service Station on the corner). Go thru next traffic light and the Lebanon Valley Expo is on the right hand side.

SARCC is a charitable non-profit organization. All donations for this event are tax deductible. A copy of the official registration and financial information may be obtained from the Pennsylvania Department of State by calling toll free within PA 1-800-732-0999. Registration does not imply endorsement.

REGISTRATION FORM

Last Name _____ **First Name** _____
Address _____ **City** _____ **State** _____ **Zip** _____
Email (print clearly) _____
Circle One: 5K or 1M **SEX: M or F** **Race Day Age:** _____ **Date of Birth** ____/____/____
Adult Shirt Size: S M L XL 2XL **Phone:** () _____ - _____

Waiver & Photo Release: I hereby waive all claims against the race director, race officials, and volunteers, any and all sponsors, and all their representatives and successors from any injury or liability I might suffer in this event. I attest I am physically fit and prepares for this event. I assume all risks associated with running in this event including, but not limited to; falls, contact w/other participants; the effects of the weather, including high heat and humidity; condition of the trail, etc. I grant full permission for organizers to use my name and/or pictures in legitimate accounts and promotions of this event.

Signature X _____ Date _____