

GATEWAY HOUSE OF PRAYER PRESENTS

Run for the Worthy One 5K Trail Run & One Mile Family Walk

Sat, July 9, 2016- 9 AM - Ephrata, PA

Bring your swimsuit and towel to jump in the Olympic-sized pool after you cross the finish line! Then stay and enjoy lunch. Fun for the whole family!

LOCATION/REGISTRATION: Woodcrest Retreat, 225 Woodcrest Rd, Ephrata, Pennsylvania 17522

REGISTRATION: 7-8:30 am; One mile walk starts at 8:45am; 5K at 9:00 AM

AMENITIES: T-shirt to all pre-registrants of 5K (not guaranteed for day of registrations); Refreshments for runners, parking, indoor toilets, time clock at finish and instant results. Held rain or shine. No refunds or mailed awards. Results on www.pretzelcitysports.com in 1-2 days.

AWARDS: Awards for the male & female winners plus top two male & female runners in each category: 19 & under: 20 - 29: 30-39: 40-49: 50-59, 60+

ENTRY: 5K trail run registration cost- EARLY BIRD discount ends 6/30/16- \$20 teens, \$25 adults (kids 12 and under run FREE!)...DAY OF registration- \$25 teens, \$30 adults...One Mile Family Walk-\$15 per person (12 and under Free!)

MORE INFORMATION: Pool is opened from 9:30-11:30am- Ages 18+... \$7 each - Ages 2-17... \$5 each.

Lunch will be served from 11am-12pm. Lunch includes hamburger or hot dog, chips, drink, and dessert- \$5 per meal

REGISTER ONLINE AT WWW.GATEWAYPRAYER.COM

OR MAIL FORM BELOW TO: Kayla Shenk 516 East King St, Lancaster PA 17602

MAKE CHECK PAYABLE TO : Gateway House of Prayer

.....Please Print Clearly.....

Last name _____

First name _____

Address _____

City/State _____ Zip _____ Race day age: _____ Date of birth ____/____/____

Race (circle one): 5K ONE MILE WALK Sex: M F Phone: (____) _____

Shirt Size (circle one): S M L XL email _____@_____

Already Getting Emails from Pretzel City Sports Regularly?? _____ Yes _____ No

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be traffic on the course and assume the risk for running in traffic. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the affects of the weather and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Pretzel City Sports, Reading Area Community College and any subcontractors it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____ Date ____/____/ 2016