

"All Creatures Great and Small" 5k Race and 1 Mile Fun Run/Walk

Saturday October 8, 2016

5k Start at 8:30 a.m.

1 Mile Run/Walk Start at 9:30

Start and Finish at Gingrichs Mennonite Church

100 Forney Road, Lebanon, PA 17042



**Humane Society
of Lebanon County**
150 N. Ramona Rd., Myerstown, PA 17067

Race Benefits:



Location/Registration: Starts and finishes at Gingrichs Mennonite Church, 100 Forney Rd, Lebanon, PA. Registration and bib pick-up starts at 7:00 a.m. on race day.

Course: Wheel measured. Generally flat, with some gently rolling hills in western Lebanon County. Professionally timed and scored by Pretzel City Sports. Race results posted on www.pretzelcitysports.com

Awards: Trophies for overall male and female winner and runners-up in 5k. Unique medals for 1st, 2nd, and 3rd place male and female finishers in 5k age groups: 18 and under; 19 – 29; 30 – 39; 40 – 49; 50 – 59; 60 and older. No awards for 1 mile walk/run participants, but all runners and walkers receive goody bag. All pre-registered dogs receive a bandana.

Amenities: Long sleeve t-shirt to all runners and walkers preregistered by September 9. T-shirts while supplies last to those registering after September 9 or on site. Goody bag for all runners and walkers. Well-behaved dogs welcome to run or walk (must be registered for run or walk, be licensed, and be up-to-date on required vaccinations). Displays from area non-profits businesses supplying the needs of animal lovers on site all day. Free post-race refreshments for runners, walkers, and animals provided. Lunch will also be available for purchase.

Entry Fee: 5k runners registered by September 9: \$25; after September 9: \$30
1 mile walkers/runners by September 9: \$25; after September 9: \$30
Dog for 5k race or 1 mile run/walk up to race time: \$5

Supports: Race proceeds will be divided equally between Jubilee Ministries and the Humane Society of Lebanon County.

Donations: Monetary donations and contributions of pet food are welcome on race day.

Optional Online Registration Available at www.pretzelcitysports.com
(nominal service fee applies, closes at midnight, the Wednesday before race day)

MAKE CHECK PAYABLE TO : Gingrichs Mennonite Church & MAIL FORM BELOW TO: Gingrichs Mennonite Church, All Creatures 5k, 100 Forney Road, Lebanon, PA 17042 RACE DIRECTOR: Jim Schwenk, (717) 769-0390, jimschwenk@comcast.net

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

Last Name _____ **First Name** _____

Address _____ **City/State** _____ **Zip** _____

Race day age: _____ **Date of birth** ____/____/____ **Phone:** (____) _____ **A.M. or P.M.??**

Race (circle one): 5K 1 Mile **Sex:** M F **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, Gingrichs Mennonite Church 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