

Calvary Church, Lebanon, PA Presents the Second

Calvary Cares 4K Run

& 1 Mile Walk

Saturday, August 20, 2016 9:00 A.M.

"Set a personal best at Lebanon's ONLY 4K"

LOCATION: 1330 Pennsylvania Ave. Lebanon, PA Registration & number pickup opens at 8:00 a.m. 4K and 1 Mile Walk start at 9:00 a.m. Adult size ordered, short sleeve T-shirt to all pre-entries postmarked by 8/11 & race-day entries while they last. Clock at finish, refreshments, instant results. Rain or shine. No refunds or mailed awards.

COURSE: Wheel measured, scenic 4K on low travelled country roads, grass, & trail to Nature Barn, at Stoever's Dam. Wheel measured 1 Mile course on grass 7 laps around Calvary Church Ball Field, or 1 Mile on Course.

AWARDS: 4K: Award for top M & F winners and runner-ups plus top 3M & 3F in the following: 14 & und, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ Award for entry w/ most Donors, and the highest total donations.

ENTRY: 4K and 1 mile: \$20 if postmarked by August 11, 2016, includes a T-shirt in the size you request. Afterwards, plus race day: \$25, shirts available while supplies last. Free to Children under 6, strollers, wheelchairs. Bags of Hope to all Participants. No pets except service dogs.

DIRECTIONS From US Route 422: • go North on Route 72 • turn East (right) at Maple Street • turn North (left) at Route 343 / 7th Street (traffic light) • cross Reinoehl Street • turn East (right) at Poplar Street • arrive at Calvary Church

DIRECTIONS From US Route 22: • go South at Route 343 (7th Street) • cross Kochenderfer Road • pass Sunset Market Bargaintown (on left) • turn East (left) onto Poplar Street • arrive at Calvary Church

Proceeds from this race benefit the Cubit Foundation. The Cubit Foundation assists persecuted people who are Muslim by birth and Christian by choice, banished to live in garbage cities. The Cubit Foundation saves lives by providing food in Bags of Hope monthly. They purify garbage water to drinking water on site.

Optional online registration available on www.pretzelcitysports.com

(Nominal processing fee applies, closes at midnight the Wednesday of race week)

MAIL CHECK PAYABLE TO "Cubit Foundation" & FORM BELOW TO: Calvary Church, 1330 Pennsylvania Ave., Lebanon, PA 17046. Race Director: Harriet Kutz: (717) 273-9671, harrietkutz@verizon.net, www.Calvary-Lebanon.org

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Circle one: 5K 1M Sex: M F Race day age: _____ Date of birth ____/____/____

Shirt Size (circle one) : S M L XL Phone: (____) _____ A.M. or P.M.??
circle one or both

Email: (print clearly) _____

Already getting Pretzel City emails 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, Calvary Church, 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. By entering this race, I am granting permission to Pretzel City Sports to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____

date ____/____/ 2015