

## Freshburst Entry Form

Please return along with check to Freshburst Run  
@ Freshburst Run c/o PARDA, 400 W. Lincoln Ave.,  
Lititz, PA 17543

Optional Online Registration available at:

[www.pretzelcitysports.com](http://www.pretzelcitysports.com)

(Nominal service fee applies, closes at midnight on July 6, 2016)

First \_\_\_\_\_

Last \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Event: 5 Mile Run \_\_\_\_\_ 5K Walk \_\_\_\_\_

Date of Birth \_\_\_/\_\_\_/\_\_\_ Age as of July 9, 2016 \_\_\_\_\_

Division: Male \_\_\_\_\_ Female \_\_\_\_\_

T-Shirt Size:  
S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ 2XL \_\_\_\_\_

### Mandatory Release Form

I know that running and road racing are potentially hazardous activities. I will not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the course. I assume all risk associated with running/walking, but not limited to falling, contact with other participants, the effect of the weather, including high heat and humidity, traffic, and other conditions of the course all such being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application, I, for myself and everyone entitled to act on my behalf, waive J&J Group of Consumer Companies and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may be out of negligence or carelessness on the part of the person signing this waiver. I grant permission to all of the foregoing to use my photograph, pictures, recordings or any other record of this event for any purpose.

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian signature under 18 yrs \_\_\_\_\_ Date \_\_\_\_\_

## Directions

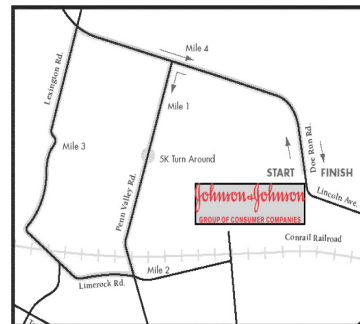
From North (Lebanon): Take 501 South, turn right on West Lincoln Avenue. J&J is approximately ¼ mile on the left.

From West (Harrisburg): Take 283 East to Manheim exit 772. At the end of the exit turn left onto 772 East. Continue to follow 772 for 10 miles. J&J will be on the right.

From South (Lancaster): Take 501 North. Proceed north approximately 7 miles from Route 30 interchange. One block past the intersection of 501 and 772 make a left at the traffic light onto West Lincoln Avenue. J&J is ¼ mile on the left.

From East (Reading): Take 222 South to Brownstown exit. Turn right at the exit onto route 772 West. Stay on route 772 West to the center of Lititz. Turn right onto 501 North. Turn left at the next light (one block) onto West Lincoln Avenue. J&J is approximately ¼ mile on the left.

Course Map



# 21<sup>st</sup> Annual FRESHBURST 5 Mile Run/5K Walk



Saturday,

July 9, 2016

8:00 AM

Proudly sponsored by:

**Johnson & Johnson**  
CONSUMER INC.



### Race Information

Race/Walk begins at Johnson & Johnson Plant, located 7 miles North of Lancaster off Route 501.

### Prize Money

Awarded to the top 3 overall runners in the categories listed below:

Male/Female | Masters (45+)

1 <sup>st</sup>	\$200	\$75
2 <sup>nd</sup>	\$100	\$50
3 <sup>rd</sup>	\$75	\$25

### Awards 5 Mile Run

Age Division awards given to the top 3 males and females in each age group listed.

18 & Under	30-39	50-59
19-29	40-49	60-69
		70 plus

**\*\*No Duplicate Awards\*\***

**5K Walk-** Awards will be given to the top 3 males and females. First place award is \$25.

**Raffle Prizes** from local businesses will be awarded after the race.

For the past 20 years, Johnson & Johnson has proudly hosted and sponsored the Freshburst 5K Walk/5M Run, raising thousands for select charities with each given year. For the 21<sup>st</sup> Annual Freshburst race, we are proud that the charity benefiting from all of our efforts is the Pennsylvania chapter of the Dream Factory.



Dream Factory is a national wish granting charity, which has granted over 25,000 dreams to chronically and critically ill children since its inception in 1980. They pride themselves on their strong volunteer participation and grass roots fundraising. 90% of all funds raised remain in the community of origin, and directly impact local children.

The PA Chapter of the Dream Factory is honored to be participating once again in the Freshburst 5M/5K Race. Stick around for the awards ceremony, when we make this a special day for a child that is critically or chronically ill. The Freshburst committee looks forward to another stellar race, benefitting an amazing local charity.

### Registration

Online registration deadline on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) closes July 6, 2016 at midnight.

Mail-in pre-registration form should be postmarked by July 1, 2016.

Packets are available for pick-up Friday, July 8, 2016 from 4:00 pm until 6:00 pm and beginning at 6:30 am on race day.

### Fees

\$25.00 Pre-entry with T-shirt, if postmarked by July 1, 2016. \$30.00 post-entry with T-shirt while supplies last (guaranteed to pre-registered).

### Post Entries

Opens at 7:00 am and closes at 7:40 am on race day.

*For more information on the Freshburst Run/Walk go to:*

[www.pretzelcitysports.com](http://www.pretzelcitysports.com)

or email:

[cwhite2@its.jnj.com](mailto:cwhite2@its.jnj.com)

(717) 627-9415

### Refreshment & Food

Provided after the race from various vendors in Lancaster County, PA.

***Proceeds from the race benefit a local charitable organization.***