



# Lititz 5K for Life

Lititz, PA

Saturday, October 21, 2017

8:00AM

Runners and walkers of all ages, join us for the second annual "Lititz 5K for Life." Proceeds will go to A Woman's Concern, Family of Restoration Ministries, and North Star Initiative.

**REGISTRATION:**

Complete the form below to register. Submit a \$25 check/money order to "St. James Church" by October 9, 2017 to receive a "Lititz 5K for Life" t-shirt. After October 9<sup>th</sup>, the fee increases to \$30, and shirts will be available while supplies last. Children under 10 are free (doesn't include a t-shirt).

**LOCATION:**

St. James Church: 505 Woodcrest Avenue Lititz, PA 17543.

**RACE DAY:**

Registration begins at 7:00 AM. Race begins at 8:00 AM.

**OPTIONAL ONLINE REGISTRATION:**

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

(Nominal service fee applies/closes at Midnight, Wednesday, October 18, 2017).

**RESULTS:**

Finish line and timing service by Pretzel City Sports. Race results posted by the end of the next business day after the event at:

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

**REGISTRATION: 5K for Life** -Complete this portion, detach, and mail. Preregistration: \$25 by Oct. 9<sup>th</sup>. After October 9<sup>th</sup>: \$30. Please do not mail in registration forms after 10/16. For questions, contact Kara Garman at 717-575-7072 or gellie@ptd.net

Name \_\_\_\_\_ Address \_\_\_\_\_

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

E-mail \_\_\_\_\_ Date of Birth \_\_\_\_\_

Race Day Age \_\_\_\_\_ Male \_\_\_ Female \_\_\_

**Adult Shirt Size**

(circle one):

S M L XL

**RELEASE FORM (Mandatory):**

I understand that participating in this event is potentially hazardous, and that I will not enter and participate unless I am medically able and trained properly. I assume full and complete responsibility for any injury or accident which may occur while I am traveling to, from, or while participating in this event, including but not limited to falls, contact with other participants, and effects of weather, traffic, and conditions of the road. On behalf of myself, my heirs, executors, administrators, successors, and assigns, I hereby waive and release all rights and claims for damages which I may have against you or your assigns, the municipalities in which the event occurs, or anyone connected with the event, their heirs, executors, administrators, successors, and assigns, for any and all injuries or illnesses which I may suffer as a result of taking part in the event. I grant permission to all of the foregoing to use my photographs, pictures, recordings, or any other record of this event for any legitimate purpose.

Signature of Entrant \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

(IF UNDER 18 YEARS OF AGE)

Please make checks payable to: "St. James Church" and mail to St. James Church c/o 5K for Life 505 Woodcrest Avenue, Lititz, PA 17543