

Race Registration Form

Run Information: *(Check event entered)*

- 5K ages 13 and over** (\$25 thru 9/15/18 \$30 after)
 5k Youth (includes bounce house arm band) (12 & under \$20 thru 9/15/18 \$25 after)
 5k Team - \$100 (5 participants of any age each additional participant \$20 register by 9/15/2018)
 Kid's Fun Run (includes bounce house arm band & no t shirt) ages 12 and under (\$15 thru 9/15/2018 \$20 after)

Shirt Size: *(Check One) available in Youth, Ladies and Unisex. Additional shirts \$10*

- YS YM YL YXL LS LM LL LXL
US UM UL UXL UXXL

Runner's Information:

Last Name: _____

First Name: _____

Team Name (if applicable) _____

Male Female Age on Race Day: _____

Address: _____

City: _____ State: _____

Zip: _____ email: _____

In consideration of your permitting me to participate in this event, 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 my permission to use my name or any audio or visual recording for any lawful purpose.

I have read & understand the above waiver.

Signature: _____

Date: _____

Parent's Signature if under 18 years of age:

_____ Date: _____

Please mail completed to
Columbia Life Network,
336 Locust St .
Columbia, PA 17512

Make checks payable to "**Columbia Life Network**"



Steven Douglas Kaufhold
3/4/1968 – 3/6/2011

Steve's Story

Steve was a Columbia native who loved to be active and enjoy life. Born in Columbia he enjoyed growing up in town with friends and family. One of his first jobs was working at the Market House. As a child he found many adventures in town and made many friends and lasting memories.

Steve graduated in 1986 from Donegal High School and became a very skilled and talented mason. He was very proud of all the schools, businesses, and homes he a hand in building or restoring. Steve was also active in many civic organizations. He was a member of the American Legion, Catholic War Vets, Knights of Columbus, Moose Lodge and MBA. He was proud to carry on his family name and march with the Catholic War Vets. He was also a member of Holy Trinity Catholic Church

Steve was a born athlete. He loved sports and beginning active. Was an avid Steelers Fan. He loved the outdoors. Steve and his family enjoyed running 5ks together.

Steve loved life and loved being with people. He had a great devotion to family. He was always willing to lend a hand or help anyone in need.

Sadly, behind Steve's fun-loving exterior, was a man who suffered with personal turmoil. Steve struggled with alcohol addiction for many years. In March of 2011, Steve left this world too soon. Leaving a hole in many hearts.

Through the journey of losing Steve, we have come to learn that these circumstances are too common. we must raise awareness and support those who need help. Inspired by his life and memory, Steve's friends and family have created The Run to Remember and Celebration Party Event



COLUMBIA
LIFE NETWORK



Remembering those who left this world too soon and are forever in our hearts.

2nd Annual
5K Run/Walk and Festival
Saturday, September 29th, 2018
5k begins at 9:30AM
Kids Fun Run at 10:30 AM
Festival and Vendor show 11AM

Friday Night packet pickup 5:30pm – 7:30 Pm at Columbia Crossing (41 Walnut ST. Columbia, PA)

Day of Registration and packet pickup begins at 8AM

5 K Race Begins at 9:30AM on the North-West trail

Festival and Vendor Expo- fun for the whole family beginning at 11 Am.

Pre-Registration

Deadline: September 15, 2018

\$25 for 5k (ages 13 and up includes shirt)

\$20 for 5k (ages 12 and under includes shirt and bounce house armband)

\$100 5k team 5 participants (ages 13 and up with shirts) each additional participant \$20

\$15 Kids Fun Run (ages 12 and under with bounce house armband)

\$10 for additional shirts

Online Registration available at

www.pretzelcitysports.com

Nom. Serv. Fee applies, Online Reg. closes 9/26/18

Day of race packet pickup only. Same Day Registration

Race Day Registration begins at 8:00am at Park Pavilion

\$30 for 5K Run/Walk (ages 13 and Up) (T-shirts while they last)

\$25 (ages 12 and under) (T-shirts while they last)

\$20 Kids Fun Run

Prizes will be awarded to the top three (3) male and top three (3) female finishers, and the top three (3) finishers in each of the following age groups, both male and female: U10, 11-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over, As well as 1st male and female stroller and wheelchair

Post Run/Walk Events

Water will be provided along the course and at the finish line.

Refreshments will be provided at the park pavilion.

The awards will be given at the park Pavilion.

There will be a Festival with fun for the entire family. At the festival there will be bounce houses, a DJ, food trucks, games, raffles, vendors and more.

Directions

From York

Take US-ROUTE 30 East to the 441 Exit. Turn Right on Linden St, Left on 2nd St, Right on Bridge St, Left on Bridge/ N Front, Turn Right on Walnut St.

From Lancaster

Take US-Route 30 to the 441 Exit. Continue South on 441 towards Columbia. Turn right on Walnut St .

About Columbia Life Network

Improve the health, education , and quality of life of residents of Columbia, PA, by promoting initiatives that increase momentum toward community well-being including, but not limited to, change drug and alcohol norms and usage; increase access to health insurance coverage and affordable housing; develop life skill, family and career path education; enhance community engagement; support public-private partnership.

Your support of our event is greatly appreciated. 😊

Race Proceeds

The race proceeds will be utilized by Columbia Life Network to support programs for children in Lancaster County especially Columbia, Donegal and Hempfield school district who have grieving the loss of a loved one, especially a parent. This will be an opportunity to collaborate with other community agencies, so that services and programs can be made available to children and their families that will help them develop coping strategies, build self-confidence and realize that they are not alone in this journey. Such programs and community actions may include the donation of related books to local schools and libraries, summer camps, support groups aide in making grief counseling more available to families in need, and other special activities. In future, create a scholarship for graduating seniors.

