

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.

