



2021 Annual  
**FRESHBURST**  
5 Mile Run / 5K Walk Virtual Race  
  
Now Thru November 24, 2021



### Virtual Race

Run 5 Miles or Walk 5K anytime between now and November 24. Send an e-mail with the subject "Freshburst Virtual" with your name, distance, and time (11:22:33) to [nbenigno@its.jnj.com](mailto:nbenigno@its.jnj.com) no later than November 24 to be eligible for the raffle prizes.

### Registration

Online registration is available at [www.pretzelcitysports.com](http://www.pretzelcitysports.com). Online registration closes November 17, 2021 at midnight. A nominal service fee will be applied to the \$20 entry fee. Application and fee can also be completed and mailed to the address on the back of this flyer. Mailed entries must be received no later than November 19

### Raffle Prizes & Goodie Bags

Prizes will be drawn randomly from participants after November 24. Winners will be notified by e-mail. Goodie Bags will be distributed at the Johnson and Johnson Litzitz Facility, 400 W. Lincoln Avenue, Litzitz PA 17543 on November 12, 2021 from 8am to 10am and 4pm to 6pm. Goodie Bags are first come first serve while supplies last. Goodie Bags will not be shipped.

### Our Charity for 2021

For the past 25 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 2021 Annual Freshburst race, we are proud that the charity benefiting from all of our efforts is the Ronald McDonald House® in Hershey. RMHC Mission: To serve children and their families by providing compassionate and accessible support through programs and healthcare partnerships.



Keeping families close™

For information go to:

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

or email Natale:

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



# Race Entry Form

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

First \_\_\_\_\_

Last \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

Date of Birth \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Circle One:                      5 Mile Run                      5K Walk

**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 that risk. 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 effects of the weather and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and you 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 the Freshburst Race and 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 whatsoever, 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 \_\_\_\_\_