

icare 5k



Challenge yourself and enjoy running on this scenic route through Amish farmland in Lancaster County

5K RUN/WALK

Saturday, May 4, 2019

Registration 7:00AM

5K Run/Walk 8:00AM

WHO: Runners of all ages. Come with your family, friends and co-workers. Walkers are also invited to participate using the same courses. The course is stroller and wheelchair accessible.

WHAT: The icare 5K Run/Walk is a community event to raise funds for Blessings of Hope.

WHERE: Blessings of Hope is located on 48 Eagle Drive, Leola, PA 17540

WHEN: Saturday, May 4th, 2019
7:00m. – Registration begins
8:00 a.m. – 5K Run/Walk begins

COURSE: Course starts at Blessings of Hope in rural Lancaster County, PA. The scenic course is 5K of beautiful country roads winding through peaceful Amish country past beautiful farms and immaculate homes. 1, 2 & 3 mile marked. Water station at turnaround point. Finish line/timing service by Pretzel City Sports. Race results posted on www.pretzelcitysports.com Any Questions call (717)824-1229

AWARDS: Award for top Male and Female overall and for the top three. Males & Females in each of the following age brackets:
14 and Under 15-19 20-29 30-39 40-49 50-59 60-69 70+.

HOW:

5K: \$25 check/money order to Blessings of Hope postmarked by April 21 to receive an icare sweat towel. After April 21st and on Race Day, \$30; sweat towels available while supplies last. Optional Online Registration Available at <https://www.pretzelcitysports.com/online-registration/> (Nominal service fee applies, closes at midnight, the Wednesday before race day)

Sweat towel embroidered by local Amish craftlady for every participant.
Breakfast sandwich and fresh squeezed orange juice to refuel after race.
Bottled water available for racers, before, during, and after race.

We have added pledges to our race. Complete your pledge form of 20 pledges to receive a gift basket when we receive your pledge money. 1st, 2nd, & 3rd place prizes will be given to the racer with the most \$ in pledges. Find pledge sheets @ bit.ly/5kpledge

REGISTRATION: Complete this portion. Detach and mail. \$25 for 5K if postmarked by April 21, \$30 afterwards. Checks made out to Blessings of Hope. Optional Online Registration Available at <https://www.pretzelcitysports.com/online-registration/> (Nominal service fee applies, closes at midnight, the Wednesday before race day)

Last Name _____ First Name _____
Please print
Address _____ City _____ State _____ Zip _____
E-mail address _____ Age (on Race Day) _____ Male _____ Female _____
Phone (_____) _____

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to Blessings of Hope, the Boroughs of Leola, the Townships of Upper Leacock and those in their employ, the Counties of Lancaster, and all their representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running in this event including, but not limited to: falls; contact with other participants; the effects of the weather, including high heat and/or humidity; and the condition of the road; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event.

Signature X _____ Date _____
(Parent or guardian's signature if less than 18 years of age.)

Please make checks payable to Blessings of Hope and mail to:
Blessings of Hope, Att: Barbie, PO BOX 567, Ephrata, PA 17522 (717)824-1227