

Womelsdorf Fire & Ice 5K & Festival

With a 1 mile Ice Pop Run for children 12 and under

Saturday, July 25, 2020 at 9:00 am

This is a 5K Run/Walk and 1 mile children's run/walk. All paying participants will receive an ice pop, tote bag and light refreshments upon completion of the race. Following the race our Fire & Ice Festival begins at 11:00 AM. All race participants will receive VIP access to the event at 10:30 AM and a discount on the festival entry fee, \$7 vs. \$10 (must have race bib for VIP access and discount). Festival activities: chili and ice cream tastings, live music, games and other fun events. It's a great day for the entire family! All proceeds benefit the Womelsdorf Community Library.

Date: Saturday, July 25th at 9:00 a.m. Rain or Shine

Description: Asphalt road course with rolling hills in scenic Womelsdorf. Course is well marked with traffic control at busy intersections. This event is for all ages and abilities. This event is dog friendly.

Location: LJ's Fitness, 102 North 3rd Street, Womelsdorf, PA 19567. The Run/Walk begins and finishes at LJ's, with parking provided and inside restrooms available.

Entry Fee: Pre-Registration Fee 5k: \$23 if preregistered by Jul 11th (\$30 to include admittance to the Fire & Ice Festival)
\$28.00 Registration fee after July 11th, including Race Day - \$35 to include admittance to the Fire & Ice Festival)
Ice Pop Run for Children 12 and under Pre-registration \$7 and \$10 after July 11th.

Children 12 and under receive free admittance to the Fire & Ice Festival regardless of race participation!

Registration: Registration forms available at LJ's Fitness and the Womelsdorf Community Library. Registration forms may be downloaded online at www.pretzelcitysports.com. Forms and payment (cash or check made payable to the Womelsdorf Community Library, reference: Fire & Ice 5k and Festival) may be delivered or mailed to:

Womelsdorf Community Library:	203 West High Street, Womelsdorf, PA 19567	610-589-1424
LJ's Fitness:	102 North 3 rd Street Womelsdorf, PA 19567	610-589-5213

Registration with payment by credit card may be done online at www.pretzelcitysports.com. (Nominal processing fee applies. On-line registration ends at Midnight on July 22nd)

Awards & Amenities: Top overall male and female runners and the top three runners in each of the following age groups for men and women will receive awards: 18 and under, 19-29, 30-39, 40-49, 50-59, 60-67 and 68+.

Directions: Womelsdorf is located halfway between Reading and Lebanon, at the intersection of 422 and 419 (also known as 3rd Street), turn South on 419 at the traffic light. Drive 3 blocks, LJ's Fitness is on the right.

Questions: Contact LJ's Fitness at 610-589-5213

Womelsdorf Fire & Ice 5k & Festival

Name: _____ Age on Race Day: _____

Address: _____ Gender: Male _____ Female _____

City _____ State _____ Zip _____

Phone _____ email _____

Choose an event (please circle one) : 5k Ice Pop Run

All participants must sign a waiver prior to the race. Participants under 18 years of age must have release signed by parent.

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 the risk for running in traffic. 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 affects of the weather and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your 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 Womelsdorf Community Library/LJ'S Fitness, any subcontractors & facilities 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 what so ever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to Womelsdorf Community Library/LJ'S Fitness 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 and Date _____