



# Be the Difference 5K

## RUN & WALK WITH US TO SUPPORT MENTAL HEALTH FIRST AID

### Sat, April 18, 2020 - 9 AM - Lancaster, PA

**LOCATION/REGISTRATION:** Opens at 7:30AM at Clipper Stadium at 650 N. Prince Street Lancaster, PA 17603; Registration/number pickup at Main Entrance starting at 7:30 AM. 5K participants will start at 9:00 AM.

**COURSE:** Flat course on paved roads / sidewalks / paths. Roads closed for race.

**AMENITIES:** T-shirt for 5K registrants. T-Shirts guaranteed for all who register before 4/1/2020. Registrations after that including day of race Shirts available while supplies last. Swag bags to include free ticket to a Barnstormer’s Game for all pre-registered 5K participants. Refreshments for finishers, indoor toilet, plenty of parking in adjacent lot, time clock at finish and instant results. BARNSTORMER’S FANFEST taking place shortly after the race! Held rain or shine. No refunds or mailed awards. Results on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) in 1-2 days.

**AWARDS:** Awards for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Overall Male & Female plus top finish (1<sup>st</sup> place) for M & F in 14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

**ENTRY:** 5K Fee: **\$22 Registration throughout 02/20!!!** Register before midnight 02/29/2020, and receive the early bird registration rate of \$22. \$25.00 registration fee 3/1/2020 to 04/1/2020. \$30.00 after that date and including race day. T-Shirts and swag bags guaranteed for registrants on or before 4/1/2020 and available while supply last for registrants after that date.

**GENERAL DIRECTIONS FOR ALL:** From Route 30 in Lancaster, head South on 72 (Fruitville Pike) towards downtown Lancaster. Fruitville Pike turns into Prince St. Turn right from Prince St. into Clipper Stadium at 650 N. Prince St. Lancaster, PA 17603.

**MAIL CHECK PAYABLE TO “Community Services Group” & SEND FORM BELOW TO:  
COMMUNITY SERVICES GROUP ATTN: ELSPETH MOFFATT, 790 NEW HOLLAND AVENUE LANCASTER, PA 17602.  
RACE DIRECTOR: ELSPETH MOFFATT (717) 293-5104, ext. 11290, [moffatte@csgonline.org](mailto:moffatte@csgonline.org)**

.....Please Print Clearly.....

Last name \_\_\_\_\_ First name \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_ Race day age: \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Sex: M F Phone: (\_\_\_\_) \_\_\_\_\_ A.M. or P.M.??

Shirt Size (circle one): S M L XL email \_\_\_\_\_@\_\_\_\_\_

Already Getting Emails from Pretzel City Sports Regularly?? \_\_\_\_\_ Yes \_\_\_\_\_ No

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 Pretzel City Sports, COMMUNITY SERVICES GROUP 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 what so ever, foreseen or unforeseen, known or unknown. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/ 20\_\_