

Entry Form

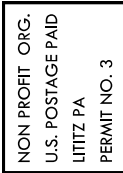
Check payable to Lititz recCenter

Mail to: Lititz recCenter c/o Tracie

301 West Maple Street

Lititz, PA 17543

or register @ www.lititzrec.com



Name _____

Address _____

City _____ State _____

Zip Code _____ Date of Birth: _____

Email: _____

Phone #: _____

Age as of Sept 19, 2020: _____

Circle Division: Male Female

Registration: Pre-Reg. by 9/10 Post-Reg. 9/11-9/18

5K Run \$20.00 \$25.00

5K Walk \$20.00 \$25.00

Kids' Mile Run Register by Sept. 1, \$20.00

Total: \$ _____

Team Name (if applicable): _____

Circle Adult T-shirt size: SM MD LG XL XXL

Circle Kids T-shirt size: YM YL AS

*Registration by 9/10 guarantees receipt of tech shirt .
(after 9/10 while supplies last)*

Release Form (Mandatory)

In consideration of my participation in the Lititz recCenter Pretzel Twist Run, I hereby for myself, my administrators, heirs and assigns issue and release all claims for damage against the organizers of this event. I further state that I am in proper physical condition to participate in the event. I also permit the use of the aforementioned person's name and/or picture in media format for promotional purposes by the organizers.

Participant's Signature _____

Date _____

Parent/Guardian Signature if under 18 years of age _____



43rd Annual Pretzel Twist

Saturday,
September 19, 2020

8:00 am

5K Run/Walk—New
Course!

Team Challenges!



Kids Mile Run
@ 7:45 am



Information

Race Information

The Pretzel Twist 5k begins and ends at the Lititz Springs Pool. Showers & restrooms are available. Proceeds benefit the Youth Programs and Activities at the Lititz recCenter. Goodie bags will be provided to each racer and must be picked up on morning of race. All participants will receive free refreshments after the race.

Awards for 5k Run

Awarded to the top overall male & female runners

- 1st place - \$100.00
- 2nd place - \$75.00
- 3rd place - \$50.00

Master's (40 & over) 1st place - \$50.00
**No duplication of awards*

Age division awards will be given to the top 3 male & female runners in each age group below.

14 & under	35-39	55-59
15-19	40-44	60-64
20-24	45-49	65-69
25-29	50-54	70+
30-34		

No awards will be given for the walk.

Race Day Information

September 19, 2020

Race starts at 8:00am (Kids Mile Run starts at 7:45am)

Parking at the Lititz recCenter
Over flow at Warwick High & Middle School



Team Challenge - Register your team of at least 4 runners to compete in the Pretzel Twist Team Challenge. Prizes awarded to top all male, top all female, and top mixed teams (2 men & 2 women). Cross Country scoring will be used for the first 4 finishers of each team in each category.



Corporate Team Challenge- Register your team of runners. Team with the most registrations will win a prize. Teams with more 10 participants can receive a registration discount. Contact Ron Stief ronstief@lititzrec.com or 717-626-5096 ext. 229 for details.

Registration

Registration must be post-marked by September 10, 2020 to guarantee receipt of tech-shirt. (After date, while supplies last.)

Due to COVID-19 restrictions & protocol, registration will be limited to the first 175 registrants.

Register online at www.lititzrec.com or mail in form.

Masks will be required by all spectators and participants before and after the race*

****subject to change***

Sponsors

Thanks to our Main Sponsors!



In Memory

This race is in memory of Phares "Red" Wilson. Red started the Pretzel Twist 41 years ago to bring runners of the community together and to help the Lititz recCenter. All proceeds benefit the Youth Programs and Activities at the Lititz recCenter.

Honorary Chairman

State Representative Steven Mentzer



www.lititzrec.com 717-626-5096