

# Pain in the Butt 5K/10K for Colon Cancer Awareness

Benefits the Lucas E. Malmer Memorial Scholarship Fund

Saturday, March 30<sup>th</sup>, 2019

Fun Run at 8:40 am --- 5K Walk/Run or 10K Run at 9:00 am

**Location:** Ephrata Church of the Brethren, 201 Crescent Avenue, Ephrata, PA 17522

**Registration:** Packet pickup & day of race registration begins at 8:00 am

**Course:** Relatively flat, fast course; start at the church, run through Lincoln Heights and end back at the church. Strollers welcome.

**Fun Run:** ~Half mile run. All ages welcome. **Begins before 5K at 8:40 am.** The Fun Run is **Free** for anyone interested, just pay \$15 if you want a long sleeved t-shirt, you must fill out entry form for Fun Run.

**Walkers!** You must enter either the Fun Run or 5K, the 10K is for runners only.

**EARLY BIRD price 5K/\$20, 10K/\$25;** children under 13...5K/\$15, 10K/\$20 (mail in entries only, must be received before 1/31/19)

If we receive entry by 3/13/19 prices as follows: Anyone 13 or over: 5K/\$25 or 10K/\$30; Children under 13: 5K/\$20 or 10K/\$25.

If we receive entry after 3/13/19 (including day of race): Anyone 13 or over: 5K/\$30 or 10K/\$35; Children under 13: 5K/\$25 or 10K/\$30.

To guarantee a long sleeved t-shirt entry must be received by 3/13/19.

**Awards:** 1<sup>st</sup>-3<sup>rd</sup> place overall M/F, 1<sup>st</sup>-3<sup>rd</sup> place M/F each age group 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ for 5K and 10K  
Special award for 5 year participants.

Water available on course. Food and drinks provided after race for all participants.

**Questions:** Contact Margeau Cream @ [mcream1@yahoo.com](mailto:mcream1@yahoo.com) or 717-725-0859 or Kim Malmer @ [agilecockers@hotmail.com](mailto:agilecockers@hotmail.com) or 717-333-9507

Mail form below & check (payable to **LEMMSF**) to: Kim Malmer, 110 Hahnstown Rd. Ephrata, PA 17522

Online registration available at [www.pretzelcitysports.com](http://www.pretzelcitysports.com), small fee applies. Online registration closes at midnight on Wednesday, March 27th

Check out the Pain in the Butt 5K Facebook page at... <https://www.facebook.com/pages/Pain-in-the-Butt-5K/1530542873852966>

\_\_\_\_\_Please print clearly especially email address\_\_\_\_\_

2019 Pain in the Butt Run for Colon Cancer Awareness

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

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Male Female Age on race day: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Email address: \_\_\_\_\_ Phone Number \_\_\_\_\_

Race: 10K 5K Fun Run Shirt size: Youth: S M L Adult: S M L XL 2X 3X 4X

WAIVER: I know that running a race is a potentially hazardous activity. I should not enter or run unless I am medically able & properly trained. I also know that there will be traffic, fall hazards, debris, and poor footing on the course and assume the risk for running on it. 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, the conditions of the roads and getting lost, 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, Ephrata Church of the Brethren, the Lucas E. Malmer Memorial Scholarship Fund, all municipalities in which the event is held, the race committee, volunteers, all other organizations directly or indirectly associated with the race, any or all sponsors including their agents, employees, assigns or anyone acting on their behalf, or anyone else associated in any way with this race, from any or all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event. This waiver extends to all claims of every kind or nature whatsoever; foreseen or unforeseen, known or unknown. Also, by entering this race, I am granting permission to the race committee 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 & UNDERSTAND THIS: Signature X \_\_\_\_\_ Date \_\_\_\_\_

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