

Friendship Community presents

# 5K Run/Walk for Capabilities

**SATURDAY, MAY 11, 8 AM LITITZ, PA**

Friendship Community is a Christian ministry cultivating capabilities of Individuals with Intellectual Disability and Autism in Lancaster and Lebanon Counties since 1972.



**WWW.FRIENDSHIPCOMMUNITY.NET**  
**717.656.2466**

## Saturday, May 11, 2019, 5K Start 8:00 AM Lititz, PA

**WHO:** Runners of all ages. Gather your family, friends and co-workers. Walkers are also invited to participate using the same course.

**WHAT:** The Friendship Community 5K Run/Walk for Capabilities. Friendship Community is a Christian ministry cultivating capabilities of Individuals with Intellectual Disability and Autism in Lancaster and Lebanon Counties of south central Pennsylvania since 1972.

**WHEN:** Saturday, May 11, 2019  
7:00 a.m. – Registration begins  
8:00 a.m. – 5K Run/Walk begins  
9:00 a.m. (approx.) – Award presentation

**WHERE:** Friendship Community at 1149 East Oregon Road, Lititz, PA. The course will loop through Landis Homes and finish back at the starting line. Off busy public roads, ¼ mile - grass, 1 mile - packed fine gravel, remaining route – paved. <http://bit.ly/FC-5K-map>

Friendship Community will also be hosting its 26th Fest & Auction <https://www.friendshipcommunity.net/event/fest-auction-5k-2019/> at the same location for race participants to enjoy a free breakfast, kids' activities, a large country auction and plants, baked goods and more for sale! The Fest will also feature local artwork made by Friendship Heart Gallery Artists.

**HOW:** To register, complete the form below and submit a check with the correct amount to **Friendship Community** or register online (see below)

- \$30 by March 31 to receive a Fest, Auction & 5K t-shirt
- \$35 April 1-May 10 (t-shirts while supplies last)
- \$40 Day-of registration (May 11) (t-shirts while supplies last)

NOTE: All registrations include a complimentary ticket to the pancake and sausage breakfast, on-site at the Fest & Auction

Optional Online Registration at

<http://bit.ly/FC-5K>

(Closes midnight, Wed., May 8, 2019. Nominal service fee applies.)

**AWARDS:** Cash prizes will be awarded to top three overall finishers \$75, \$50, \$25 (Male and Female). Medals will be awarded to top three M & F age group winners. (Age Groups are: 14 & Under 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70+)

**RESULTS:** Finish line and timing service by Pretzel City Sports. Race Results will be posted on [www.pretzelcitysports.com](http://www.pretzelcitysports.com)

**QUESTIONS:**

phone: 717-656-2466

email: [development@friendshipcommunity.net](mailto:development@friendshipcommunity.net)

website: [www.friendshipcommunity.net](http://www.friendshipcommunity.net)

**REGISTRATION:** Friendship Community 5K Run/Walk for Capabilities Complete this portion. Detach and mail. • \$30 by March 31 to receive a Fest, Auction & 5K t-shirt • \$35 April 1-May 10 (t-shirts while supplies last) • \$40 Day-of registration (May 11) (t-shirts while supplies last) Checks payable to **Friendship Community**.

Name \_\_\_\_\_ Address \_\_\_\_\_  
*Please print*

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Age (on Race Day) \_\_\_\_\_

Gender: (circle one) Male Female (circle one): 5K RUNNER 5K WALKER

Phone \_\_\_\_\_ E-mail address \_\_\_\_\_

T-shirt size (circle one)

Adult: S M L XL XXL

**WAIVER/RELEASE:** I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors and organizers including, but not limited to Friendship Community and those it employs, 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 Friendship Community and mail to:  
Friendship Community, 1149 E Oregon Rd, Lititz, PA 17543**