

KISSES FOR EB PRESENTS **THE 4TH ANNUAL**

Butterfly

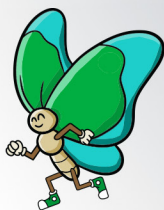
5K & 10K

TRAIL RUN/WALK

SATURDAY - APRIL 4TH - 2020

9:00 AM

**LANCASTER COUNTY
PARK SCENIC TRAILS**



LOCATION: Pavilion #2 1050 Rockford Rd. Lancaster, PA. Packet pickup opens at 7:30 a.m.
10k & 5K starts at 9:00 a.m., 1 Mile Fun Run for all ages at 9:10 a.m.

COURSE: Mostly trails, hills & some road, a very challenging course but also rewarding.
Clock at finish, refreshments, instant results. Rain or shine. No refunds.

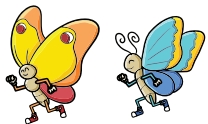
AWARDS: 10K & 5K (timed): 1st overall Male & Female plus top 3M & 3F in 19 and under, 20-29, 30-39, 40-49,
50-59, 60-69, 70+

ENTRY: 10K & 5K: \$25 if postmarked by March 16th guaranteed a t-shirt. March 17th up to and including race day,
\$30 (shirt not guaranteed). 1 Mile Trail Run (not timed): \$10 if postmarked by March 23rd. Afterwards, including
race day, \$13. Shirts are not included, due to reduced fee. Shirts may be available day of the race for a fee.

Optional Online Registration available at www.pretzelcitysports.com
(Nominal processing fee applies, closes at midnight, Wednesday, April 1st of race week)

DIRECTIONS: Turn into Lancaster County Central Park off of Chesapeake St and follow signs for parking

RACE DIRECTOR: **Dana Ceden** (717) 344-3952 (txt is best) or email at kissesforeb@gmail.com for more info.



MAKE CHECK PAYABLE TO "KISSES FOR EB"

MAIL CHECK & FORM BELOW TO: **KISSES FOR EB, 209 RUN VALLEY RD, CONESTOGA, PA 17516**



LAST NAME _____ FIRST NAME _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

CIRCLE ONE: 10K 5K 1 MILE SEX: M F RACE DAY AGE: _____ DATE OF BIRTH: ____/____/____

SHIRT SIZE (CIRCLE ONE): S M L XL 2XL PHONE: (____) _____ AM OR PM?
(CIRCLE ONE OR BOTH)

EMAIL (PRINT CLEARLY): _____

THE WORST DISEASE YOU'VE NEVER HEARD OF....



Zach Myers, recently lost his battle EB.
York County Pennsylvania



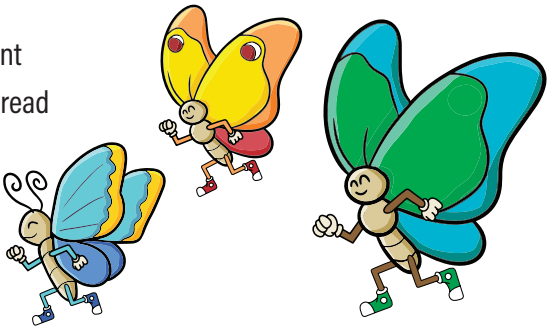
Tasha Starkey of Ohio recently lost her battle EB.



Kiba Cedeno is 4 years old and was born with EB.
Lancaster County, Pennsylvania

Epidermolysis Bullosa, or EB, is a very rare genetic connective tissue disorder that affects 1 child out of every 20,000 births (that means about 200 children a year are born with EB). EB is a group of disorders that share a prominent manifestation of extremely fragile skin that blisters and tears from friction or trauma. Internal organs and bodily systems can also be seriously affected by EB.

As of today, there is NO cure or treatment. Daily wound care, pain management and protective bandaging are the only options. **Kisses for EB** is a non-profit to spread Awareness of this horrible disease and bring assistance to those who endure it.



Already getting Pretzel City emails regularly? ☐ YES ☐ NO

WAIVER: I know that running a road/trail 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/trails, all such risks being known 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, and Kisses for EB, 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 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 whatsoever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to Pretzel City Sports 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 _____ DATE _____ / _____ /20_____