

The Cocalico High School LEO Club Presents the 8<sup>th</sup> Annual

# 5K for Johnnie K

## Saturday, May 18, 2019 10:00 A.M

*Benefits David Adams and Family*

**LOCATION:** Adamstown Community Pool Registration and number pickup opens at 9:00 a.m. 5k starts at 10:00 a.m.  
1.5 Mile Walk at the same start time

**COURSE:** Open course with support from local fire police; hills (what goes up, must come down!), and some nice flats  
Clock at finish, refreshments, instant results. Rain or shine. No refunds or mailed awards.

**AWARDS:** 5K: Overall Male and Female Winners; separate awards for the male and female winners  
14 & under    15-19    20-29    30-39    40-49    50-59    60-69    70+

**ENTRY:** 5k and Walk: \$25 if postmarked by Monday, April 22, 2019 incl. guaranteed t-shirt. Afterwards, including race day, \$25 does NOT include t-shirt. Awards are specialized pint glasses.

Optional Online Registration available at [www.pretzelcitysports.com](http://www.pretzelcitysports.com)  
(Nominal processing fee applies, closes at midnight, the Wed. of race week)

Adamstown Pool is located at the intersections of West Main Street and Route 272 in Adamstown. Due to a one way street, you can turn onto South Poplar Street, make a left onto West Main Street and follow to the location of the pool, located on your right.

**RACE DIRECTOR:** Lynn Keene or Becky Peters (Cocalico High School), (717) 336-1423 or email me at [lkeene@cocalico.org](mailto:lkeene@cocalico.org); more info at 5K for Johnnie K on Facebook.

MAKE CHECK PAYABLE TO **“Cocalico High School LEO Club”**  
MAIL CHECK & FORM BELOW TO:  
Cocalico LEO Club  
Cocalico High School  
South 4<sup>th</sup> St.  
Denver, PA 17517

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

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Circle one: 5K 1M    Sex: M F    Race day age: \_\_\_\_\_    Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Shirt Size (circle one) : S M L XL 2XL    Phone: (\_\_\_\_) \_\_\_\_\_ A.M. or P.M.??  
circle one or both

Email: (print clearly) \_\_\_\_\_

Already getting Pretzel City emails 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, Cocalico School District, Cocalico High School LEO Club, 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. 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\_\_