



**Saturday May 4, 2019**

**The race begins and ends at  
Lititz Christian School  
501 W. Lincoln Ave. Lititz, PA 17543**

**5K Run/Walk:** 9:00am (timed for all ages)

**1/2 mile Fun Run:** 9:40am (not officially timed)

**Course:** This is a scenic course of rolling hills alongside the beautiful farmland in the heart of one of America's coolest small towns! Water stations and snacks provided! All are welcome on this course. Race begins and ends at Lititz Christian School. Stay after the race to enjoy a delicious BBQ meal and mingle with the other participants from 10-1pm or grab your BBQ meal to go. Cost is \$8/meal

### Registration for 5K or Fun Run:

\$20 by April 19 (t-shirt guaranteed)

\$25 after April 19 including race day (t-shirt available while they last)

Online: [www.pretzelcitysports.com](http://www.pretzelcitysports.com)

(nominal service fee applies, closes at Midnight May 1)

Questions contact Nicole Hurst at  
[nicole.hurst@lcstaff.net](mailto:nicole.hurst@lcstaff.net) or 717-615-7428

**Awards:** For Overall top male & female as well as top 3 males & females in each age group:

**14&under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+**

**Packet Pick-up:** Friday May 3<sup>rd</sup> 3-6PM in the school lobby  
Saturday May 4<sup>th</sup> 7:45-8:45AM at the race

Proceeds benefit the Team McConaghay Fund  
**Event website: [lititzchristian.net](http://lititzchristian.net)**

Name \_\_\_\_\_ Age: \_\_\_\_\_ M / F

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

Phone: ( ) \_\_\_\_\_ Cell: ( ) \_\_\_\_\_

Email: \_\_\_\_\_

T-Shirt Size: YS YM YL AS AM AL AXL AXXL  
(youth sizes) (adult sizes)

Emergency Contact Name/Number: \_\_\_\_\_

Please check which race you will participate in:

5K \_\_\_\_\_ Fun Run \_\_\_\_\_

Number of Chicken BBQ Meals: \_\_\_\_\_ X \$8.00

Mail to: Lititz Christian School  
501 West Lincoln Ave  
Lititz, PA 17543

Please make Checks  
payable to Lititz Christian

In consideration of my participation in the Lititz Christian Team McConaghay 5K Run/Walk on Saturday, May 4, 2019, I, for myself and anyone entitled to act in my behalf, waive and release all rights and claims for damages I may have against all event organizers, sponsors, officials, staff of Lititz Christian School, Grace Church of Lititz, Penn Township, or Warwick Township for all claims or liabilities of any kind, as a result of my participation in this event. Further, I grant permission to Lititz Christian School to use photographs or any other record of this event without compensation to me. I understand that my contact information may be used for marketing purposes by Pretzel City Sports. I certify that I am physically fit and able to participate in this event. I understand that the event will be held rain or shine and there are no refunds for non-participants.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(parent or guardian if under 18)

