

WHERE:

Riverfront Park
140 College Drive, Pottstown PA

WHO: Runners of all ages. Walkers are invited to participate using the same course. The course is stroller and wheelchair accessible. Sorry, no pets.

WHEN: Sunday, May 19, 2019

9:30 a.m. – Registration begins

11:00 a.m. – 5K Run begins

12:00 p.m. – Award presentation at finish line
Food, activities for kids, music, games, & more until 2 pm!

RESULTS: 1, 2 and 3 mile marked. Finish line and timing service by Pretzel City Sports. Race results posted on www.pretzelcitysports.com

DIRECTIONS: The park is adjacent to the Schuylkill River Heritage Area offices. Registration located under the pavilion.

AWARDS: Medal and \$50 Lords & Ladies Gift Card will be presented to Overall Male and Female Champion. Medal and \$10 Lords & Ladies Gift Cards presented to the 1st, 2nd & 3rd place in each age group
Male & Female: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

HOW: To register for 5k, visit

<https://lfamilydaysk.eventbrite.com>

- Online Registration ONLY - NO mail in Registration accepted.
- Race Day sign up available

*Kids 12 and under are welcome to participate for FREE!
Does not include L&L 5k t-shirt. Purchase one for \$10 each.
Lunch not included. Purchase for \$12.50, other options available for purchase day of event while supplies last.*

- **REGISTRATION** : \$25 includes L&L 5k cotton shirt, gift bag & light refreshments
- **Add BBQ Lunch to any ticket for \$11 or purchase on its own for \$12.50.**

Sign up by visiting <https://lfamilydaysk.eventbrite.com>
All participants must be pre-registered, including children 12 and under.

Questions? Contact: Brittney Bennett | 1.844.725.6655 ext. 543 | Brittney@lordsandladiessalons.com