

# Solid Rock 5k AND Kid's Fun Run

limited race!  
Only 300 Registrations Available!

\*Fun Run is unlimited

**AUGUST 3, 2019**

301 E State Street  
Quarryville, PA 17566  
Enola Low Grade Trail

## cost

Early Bird  
April 3rd-June 2nd:  
\$20 | Team members  
\$25 | Individuals  
\$10 | Fun Run

Standard  
June 3rd-Aug 2nd:  
\$30 | Team members  
\$35 | Individuals  
\$15 | Fun Run

Day of registration  
(no team registration)  
\$40 | Individual  
\$15 | Fun Run

5K registration after July 8th  
does **not guarantee** a t-shirt.  
Fun Run registration does  
**not include** t-shirt.

Make checks payable to  
"Solid Rock Youth Ministries"

## EARLY PACKET PICK-UP

for the planners ↗

## schedule

**7 AM** Registration &  
Packet Pick-Up  
**8:30 AM** 5K Run/Walk  
*Awards Ceremony to follow*  
**10 AM** 1/2 Mile Fun Run

## contact

Race Director  
**Mary Price**  
marymendenhall06@gmail.com

Solid Rock Director  
**Raeanne Nixon**  
Raeanne.nixon@gmail.com

## AUGUST 2ND

Solid Rock | 6pm-8pm  
34 E State St  
Quarryville, PA 17566

Day of pick-up starts at 7 am

## fun run

Fun run is a 1/2 mile open to  
those 12 years and under.  
Fun Run Finishers will receive a  
"goodie bag" and finishers medal.  
*T-shirt not included.*

## parking

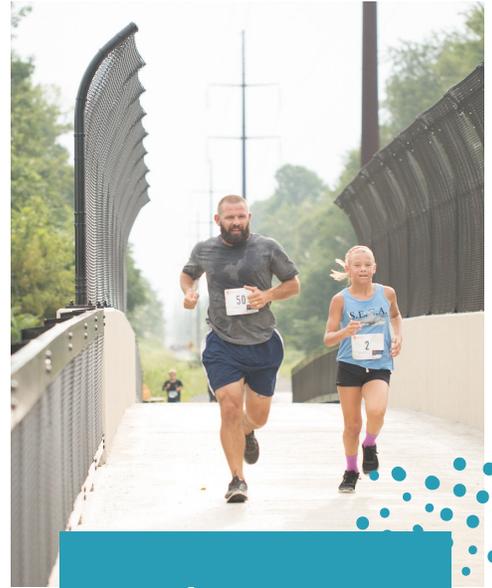
Parking is available at the  
trailhead. Additional parking is  
across the street, but will be  
limited. *Carpooling is encouraged.*

## teams

Get some friends or coworkers  
together to get a deal! Teams must  
have at least 5 people.

## awards

First place M/F finishers will receive  
medal & prize. Top 3 M/F finishers in  
each age group will receive a medal.  
14U, 15-19, 20-29, 30-39, 40-49, 50+



## register

Register online at  
[pretzelcitysports.com](http://pretzelcitysports.com) or  
complete the bottom  
section and send along  
with checks payable to  
Solid Rock Youth Ministries  
34 E State Street,  
Quarryville, PA 17566

First name: \_\_\_\_\_ Last name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, State: \_\_\_\_\_ Zip: \_\_\_\_\_ Gender (circle one): M F  
Age on Race day: \_\_\_\_\_ Birth date: \_\_\_\_\_ Phone: \_\_\_\_\_  
Email address: \_\_\_\_\_ Event (circle one): 5K Fun Run  
Team Name (optional): \_\_\_\_\_ Shirt Size (5K only, circle one): S M L XL XXL  
Emergency Contact (Name + Phone): \_\_\_\_\_

I understand that participating in this event is potentially hazardous, and that I will not enter and participate unless I am medically able and properly trained. I assume full and complete responsibility for any injury or accident which may occur while I am traveling to or from the event, during the event, or while I am on the premises of the event. I am also aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, effects of weather, heat, traffic, and conditions of the road. I, for myself, my heirs, executors and administrators, and anyone entitled to act on my behalf, waive, release and forever discharge the Solid Rock Youth Ministries and all employees, members of the Board of Directors, volunteers, sponsors, their representatives and successors from all present or future known or unknown liabilities claims, actions, or damages arising out of my participation in this event even though that liability may be out of negligence or carelessness on the part of the person named in this/the waiver. If I am a parent or guardian for a participant, I consent to my child's participation and agree to the terms of this waiver and hereby release any derivative claims that arise out of my child's participation. I grant permission to all of the foregoing to use my photographs, recordings or any other record of this event for any legitimate purpose. **IF RUNNER IS UNDER 18 YEARS OLD, PARENT OR GUARDIAN MUST SIGN BELOW. OTHERWISE, RUNNER MUST SIGN.**

Signature: \_\_\_\_\_