

SCHEDULE OF EVENTS

8:00 am - Registration - Park Pavilion
9:00 am - Steps to Survival 5k Run/Walk Begins
9:40 am - 1 Mile Fun Run Begins

Awards Ceremony Immediately Following the 5K

Timing Services provided by Pretzel City Sports
Register online at www.pretzelcitysports.com
*Nominal service fee applies to online registrants.
Registration closes at midnight, Wednesday before race day.

First 100 registrants receive a goodie bag!

Join us after the race for Summer Fest!

Games, healthy food, vendors, fitness classes, tournaments, and prizes promoting community wellness. Summer Fest is sponsored by Better Together Lebanon County and is free to the public.

DIRECTIONS TO RACE

Jonestown Community Park from Lebanon, PA

- Head North on Route 72
- Slight right onto Old Jonestown Road
- Right to stay on Old Jonestown Road
- Left onto South Lancaster Street
- Right onto Mill Street
- Park will be on your left
- **Address: 295 S Mill St, Jonestown, PA 17038 - register at Park Pavilion**

SARCC

Sexual Assault Resource & Counseling Center

615 Cumberland St. Lebanon, PA 17042

Questions? Call (717) 270-6972 ext 350

admin@sarcclebanon.org

www.sarcclebanon.org



9TH ANNUAL STEPS TO SURVIVAL 5K RUN/WALK & FUN RUN

SATURDAY JUNE 1, 2019 JONESTOWN, PA 9:00 AM



REGISTRATION

RUNNER INFO

First Name: _____

Last Name: _____

Address: _____

Phone: _____

Email: _____

Race Day Age: _____

Date of Birth: _____

Gender: _____

T-Shirt Size (5K only): S M L XL
XXL XXXL

Circle 1: 5K / Fun Run

WAIVER & RELEASE

I hereby waive any claims against SARCC, race officials, and volunteers, any & all sponsors, and all their representatives and successors from any injury or liability I might suffer in this event and Summerfest 2019. I attest I am physically fit and prepared for this event. I assume all risks associated with running in this event including, but not limited to; falls, contact with other participants, the effects of weather, including high heat and humidity, condition of the course, etc. I grant full permission for organizers to use my name and/or pictures in legitimate accounts and promotions of this event.

SIGNATURE

Signature: _____

Printed: _____

Date: _____

Mail form & payment to:
SARCC, 615 Cumberland St. Lebanon, PA 17042

Registration online at:
www.sarcclebanon.org
<https://www.pretzelcitysports.com>

Questions? Call: (717) 270-6972 ext. 350



**PREVENT SEXUAL VIOLENCE.
PROMOTE HEALING.**

5K Registration: \$30
Pre-register by May 18 - get a free race day t-shirt

Fun Run Registration: \$10
***t-shirt not included**
***open to ages 13 & under**

Medals awarded to top 3 male and female runners in each age group + overall male & female award.

Age Groups: 13 & Under; 14-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70+

All Fun Run participants under 13 awarded a medal.

T-Shirts available for purchase while supplies last.

Sexual violence is a common and widespread issue that impacts our community every day. In any given classroom of 25 children, five of them will experience sexual victimization before they turn 18 based on national victimization rates. This is an issue that impacts people of all ages, genders, and neighborhoods. There are over 23 million survivors of sexual assault in the United States, and it is time to say "NO MORE" to this crime in our community.