

LUTHERAN CHURCH OF THE HOLY TRINITY IN LEESPORT, PA
PRESENTS THE 4th Annual 5K RUN/WALK & KIDS FUN RUN

Fall Fest Scarecrow 5K

Saturday, September 28th 2019 – 9 AM, Leesport, PA

LOCATION/REGISTRATION: Starts at the Lutheran Church of the Holy Trinity 102 Apple St. Leesport, PA 19533. Registration, bib and shirt pick up in lower level of church. Registration opens at 8:00 AM, 5K race starts at 9:00 AM, kids fun run after the race.

COURSE: Mixed road and cross country course. Race starts in front of church, with some traffic control. No pets please.

AMENITIES: T-shirt to all pre-registrants and while supplies last. Indoor toilet facilities available, refreshments provided after race. Parking at upper level church parking lot and also overflow at Steve Moyer Collision and at Hoss's Restaurant (use lot closer to Hafer Dr.), look for 5k parking signs. Child care is available, helpers will entertain child but are not permitted to change diapers, but can still watch young children during the race. Held rain or shine, no refunds or mailed awards. Results on www.pretzelcitysports.com in 1-2 days after race.

AWARDS: \$50 for the top male and female. Plus top 3 male and female finishers in the following age groups: 10 & Under, 11-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+. **New this year \$25 award to the best scarecrow costume must be a registered runner/walker.** Awards will be held after the fun run.

ENTRY: For 5K - \$20 if registered by Friday September 6th, 2019. All mailed registrations must be postmarked by September 6th, 2019 to guarantee t-shirt. Afterwards and including day of race registration is \$25, shirts available while supplies last.

FREE KID'S FUN RUN: Short 10 meter dash for ages 12 & under, will be held after the 5K, all kids will receive a small gift for participation. Registration form must be filled out with signed waiver.

RACE PROCEEDS: Race to benefit the Lutheran Church of the Holy Trinity in efforts to continue work with the food pantry, youth programs and mission trips locally and nationally. Please bring a nonperishable food item to help the community.

**MAKE CHECK PAYABLE TO "LCHT" & MAIL BELOW FORM TO RACE DIRECTOR:
DIANA BIEHL, 4519 8th Ave, TEMPLE, PA 19560.**

Any questions contact: dianabiehl@gmail.com subject line "5K" or 484-256-0999

Optional Online Registration at www.pretzelcitysports.com (nominal service fee applies, closes at midnight Wednesday, Sept. 25th, 2019)

.....Please Print Clearly.....

Last Name _____ First Name _____

Address _____

City/State _____ Zip _____ Race day age: _____ Date of Birth ____/____/____

Phone: (____) _____ A.M. or P.M. Email _____

Sex: M F Adult Shirt Size (circle one): S M L XL XXL Race (circle one): 5K Kids Fun Run

Number of children for childcare _____ Already Getting Emails from Pretzel City Sports 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, The Lutheran Church of the Holy Trinity, and 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. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____

Date ____/____/2019

(Parent or guardian must sign for anyone under 18 years old)