

## ENTRY:

### If postmarked BY 7/1/19:

- 5K: \$25 (with shirt)
- 5K Teams: \$100 (with shirt) for teams of 5 persons
- Kids Run: FREE Register & waiver must be filled out and signed (t-shirt not included)

- \* Team entries **must** be mailed together
- \* T-shirts while supplies last, including race day (5K runners ONLY)

### If postmarked AFTER 7/1/19 & race day:

- 5K: \$30 shirts if available
- 5K Teams: \$115 for teams of 5\* (shirts if available)
- Kids Run: FREE (no t-shirt)

**\*\*Online Registration- <https://www.pretzelcitysports.com/online-registration/>**

Click on Calendar/Apps/Online Reg, then Online Registration (Nominal processing fee applies, closes at midnight, the Wed of race week)

In January of 2010, Conner Holland, the child of this organization's founders, was diagnosed with T-Cell ALL Leukemia. Conner persevered through the first 9-months of treatment, but at month 14 his cancer relapsed. Chemotherapy drugs that were meant to cure his cancer instead gave him a devastating brain injury that prevented doctors from pursuing any curative therapies. Conner passed away on September 4th, 2011.

The Conner M. Holland Foundation was formed out of this tragedy. They feel that it is unacceptable for families to suffer financial distress while dealing with the crushing weight of pediatric cancer. They provide care, support, and financial assistance to those who need it the most. To date they have been able to donate over 7,700 pair of pajamas to children in CHOP and Hershey Hospitals and have been able to give grants to families to help with living expenses while their children are undergoing treatment.

To learn more about the Holland family's story, visit [www.connerholland.com](http://www.connerholland.com).



# 3<sup>rd</sup> Annual Pajama 5k Run/Walk & Kids Fun Run

BENEFITING THE:

**Conner M. Holland**  
Foundation for Pediatric Cancer



**Saturday, July 27, 2019**

**8:00 a.m.**

**Lititz/Warwick Trailway**  
Lititz, PA

3<sup>rd</sup> Annual  
**Pajama 5k Run/Walk  
 & Kids Fun Run**  
 Benefiting: *The Conner M. Holland  
 Foundation*  
 Where: Lititz/Warwick Trailway  
 When: Saturday, July 27, 2019 8:00 am

LOCATION: Start and finish

- Lititz/Warwick Trailway at the Newport Road trailhead
- Parking at Brick Gables (800 E Newport Rd, Lititz, PA)

EVENTS:

- **Bib pick-up:** Friday July 26<sup>th</sup> 2019, 10am-6pm at AT&T (1054 Lititz Pike, Lititz PA)
- **5K:** race starts at 8:00am (same day race registration starting at 7am)
- **Kids Fun Run:** 8:45am, includes 2 laps in the grass (about 300m total) for ages 9 and under. This event is not timed and there are no awards.
- **5K Awards:** around 9:00am

Rain or Shine  
 No refunds or mailed awards

**JOIN THE FUN!  
 WEAR YOUR PAJAMAS  
 FOR THE RUN!**

We are collecting new pajamas (with tags) sizes ranging from 12 months -18 years to be donated to children's oncology units at local hospitals

**COURSE:** This is a flat, fast course, the majority of which is located on the Lititz-Warwick Trailway. The trailway is naturally landscaped with local vegetation, open fields, as well as a forested section with several historic buildings. From the trailway, the course then follows a sidewalk, for a short distance, before returning to the trailway for the finish.



**AWARDS:** 5K: Separate awards for the male and female 1st and 2nd place winners overall, plus:

- Top 2 Males and Females in the following age groups: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ receive prizes from our sponsor, Zigs Bakery

\*No duplicate awards

MAIL FORM & CHECK TO: **Karly Kosek - 51 Peters Rd Suite 200 Lititz, PA 17543**  
 Please make checks payable to "The Conner M. Holland Foundation"

Last name \_\_\_\_\_ First name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Circle one: 5K Kids Run Sex: M F Race day age: \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Shirt Size – 5K only (circle one): Men's S M L XL Women's S M L XL Phone: (\_\_\_\_) \_\_\_\_\_

Email: (print clearly) \_\_\_\_\_ Yes \_\_\_\_\_ No \_\_\_\_\_

Already getting Pretzel City emails regularly? \_\_\_\_\_  
 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 effects 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 CONNOR M. HOLLAND FOUNDATION, 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. By entering this race, I am granting permission to Pretzel City Sports to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. I HAVE READ AND UNDERSTAND THIS WAIVER. (if under 18, legal guardian must sign)

Signature \_\_\_\_\_ date \_\_\_\_/\_\_\_\_/20\_\_\_\_