

emPower Training Systems, Lancaster Barnstormers, & Mighty Mehal Foundation Present the

# emPOWERD OCR

Helping Individuals Overcome Obstacles On & Off the Course

**Saturday, August 17, 2019 8:00 A.M**

*Lancaster's First Ever Stadium Obstacle Course Race*

**LOCATION:** Clipper Magazine Stadium 650 N. Prince Street Lancaster, PA 17603 Registration/Bib pickup opens at 7:00 a.m. Competitive waves start at 8:00 a.m., Open waves start at 9:30am, Team waves start at 12:30pm, Family waves start at 1:30pm. Open, Team and Family waves are not timed events.

**COURSE:** FLAT, FAST wheel measured course in and around Clipper Magazine Stadium.  
Clock at finish, refreshments, mile splits, instant results. Rain or shine. No refunds or mailed awards.

**AWARDS:** Separate awards for the top three overall male and female winners.  
Every pre-registered racer receives a t-shirt, medal, and complimentary beverage of choice.  
Professionally timed by Pretzel City Sports Reading, PA

**ENTRY:** Competitive: \$75.00 until 8/10/19, \$80.00 on day of; Open, Team, & Family Fee: \$65.00 until 8/10/19, \$70.00 on day of Children 12 & Under. \$15.00 each until 8/10/19, \$20.00 day of. Team registrations require four racers with at least 1 male and 1 female racer and all racers registered individually. Families are composed of at least one adult and one child. Shirts are guaranteed if reg. by 08/10/19 after that and including race day shirts available while supplies last.

Online Registration at <https://www.empowertrainingsystems.com/empowered-ocr-at-clipper-magazine-stadium.html>  
(registration is available until 5:00pm on 8/10/19)

**DIRECTIONS FROM EAST OF READING:** Get on US-422 W in West Reading. Take US-222 S to York Rd in Manheim Township. Take the exit toward PA-501/US-222 S/Lititz Pike/Fruitville Pike from US-222 S/US-30 W. Take PA-501 S, Glen Moore Cir, Fruitville Pike and N Prince St to your destination in Lancaster.

**DIRECTIONS FROM US-222 S:** Take the exit toward PA-501/US-222 S/Lititz Pike/Fruitville Pike from US-222 S/US-30 W. Take PA-501 S, Glen Moore Cir, Fruitville Pike and N Prince St to your destination in Lancaster.

**RACE DIRECTOR:** Josh March (717) 330-0226 or email me at [march.josh@gmail.com](mailto:march.josh@gmail.com)  
more info at <https://www.empowertrainingsystems.com/empowered-ocr-at-clipper-magazine-stadium.html>

**MAKE CHECK PAYABLE TO "Mighty Mehal Foundation"**  
**MAIL CHECK& FORM BELOW TO: Mighty Mehal Foundation**  
480 New Holland Ave Suite 7304 Lancaster, PA 17602.

Last name \_\_\_\_\_ First name \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Circle one: Competitive Open Team Family Sex: M F Race day age: \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_  
Shirt Size (circle one): S M L XL Phone: (\_\_\_\_) \_\_\_\_\_ A.M. or P.M.??  
circle one or both  
Email: (print clearly) \_\_\_\_\_

Already getting Pretzel City emails 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, **MIGHTY MEHAL 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\_\_\_\_