

Lititz 5k For Life

and 1 Mile Fun Run/Walk

Saturday, October 19, 2019 | 8:00 AM

Runners AND walkers of all ages are welcome to choose a casual 1 mile or timed 5K! Bring your baby in a stroller! Ride your mobility scooter! Make it a family affair! Some participants are serious runners and for others it's a social event. Either way, it's fun and supports women and families! The 5K has 1st, 2nd and 3rd place prizes for both males and females for the following age groups; 18 and under, 19-29, 30-39, 40-49, 50-59, and 60+. There is no timing or prizes for the 1 mile walk/run.. The event will be held rain or shine.

REGISTRATION

Complete the form below to register. Submit a \$25 check/money order to "St. James Church" By October 7, 2019 to receive a "Lititz 5K for Life" t-shirt (walkers and runners). After October 7th, the fee increases to \$30, and shirts will be available while supplies last. Children 10 and under are free, (doesn't include a t-shirt), Registration Form must be filled out with signed Wavier to participate.

LOCATION:

St. James Church: 505 Woodcrest Avenue Lititz, PA 17543.

RACE DAY:

Registration begins at 7:00AM. Race begins at 8:00 AM.

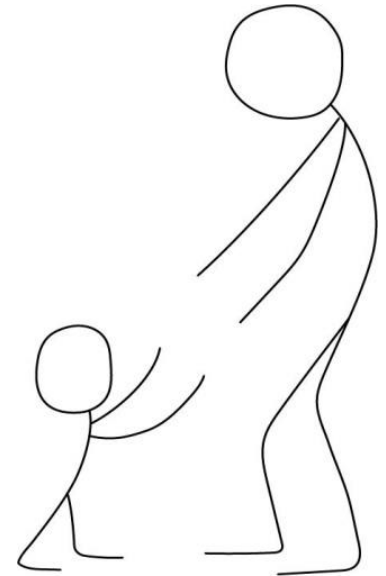
OPTIONAL ONLINE REGISTRATION:

Available at www.pretzelcitysports.com

(Nominal service fee applies/closes at Midnight, Wednesday October 16, 2019)

For questions, contact Race Director Kara Garman at 717-575-7072 or lititz5kforlife@gmail.com

RESULTS: Finish line and timing service by Pretzel City Sports. Race results posted by the end of the next business day after the event at: www.pretzelcitysports.com



www.lititz5kforlife.com

REGISTRATION FORM For 5k & 1 Mile Fun Run/Walk complete this portion, detach, and mail. Preregistration: \$25 by Oct. 7th. After October 7th: \$30. Please do not mail in registration forms after October 10, 2019.

Name _____

Address _____

City/State _____ Zip _____ Phone _____

E-mail _____ Date of Birth _____

Race Day Age ____ Male ____ Female ____ **Event (circle one) 5k 1mile Fun Run/Walk**

Adult T-shirt Size

(circle one)

S M L

XL XXL

RELEASE FORM (Mandatory): *I understand that participating in this event is potentially hazardous, and*

that I will not enter and participate unless I am medically able and trained properly. I assume full and complete responsibility for any injury or accident which may occur while I am traveling to, from, or while participating in this event, including but not limited to falls, contact with other participants, and effects of weather, traffic, and conditions of the road. On behalf of myself, my heirs, executors, administrators, successors, and assigns, I hereby waive and release all rights and claims for damages which I may have against you or your assigns, the municipalities in which the event occurs, or anyone connected with the event, their heirs, executors, administrators, successors, and assigns, for any and all injuries or illnesses which I may suffer as a result of taking part in the event. I grant permission to all of the foregoing to use my photographs, pictures, recordings, or any other record of this event for any legitimate purpose.

Signature of Entrant _____ Date _____

Parent/Guardian Signature _____ Date _____

(IF UNDER 18 YEARS OF AGE)

Please make checks payable to: "St. James Church" and mail to St. James Church c/o 5K for Life 505 Woodcrest Avenue, Lititz, PA 17543