

The Marine Corps League and Auxiliary of Lancaster County present

Semper Fi 5K Run/Walk

And Quarter Mile Kid's Chesty's Challenge Fun Race

Saturday November 9, 2019 at 8:00 am

LOCATION: East Donegal Township Riverfront Park 1632 Old River Road Marietta PA 17547. Registration opens at 6:30 am and the 5K begins at 8:00 am. Kids race begins at 9:00 am. Regular short sleeve T-shirt is offered to all pre-entries. Clock at finish, refreshments, half mile and mile splits, instant results! Rain or shine. No refunds or mailed awards.

COURSE: FLAT, FAST measured course on paved trail. Enjoy one of Lancaster County's scenic courses!

AWARDS: 5K- \$100 cash for the male and female overall winners, \$50 cash for male and female masters (50 years & over) Top 3 in age groups- 13 & under, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, and 90+ **NO DOUBLE AWARDS**

Quarter mile Chesty's Challenge kids race for 12 and under:

Shirts, finisher's medal and goodie bag to all pre-registered participants.

Note: kids participating in both the 5K and fun run must register twice!

ENTRY: 5K fee- \$30 with shirt guaranteed if registered by October, 15, 2019. After that date and including race day \$35 and no shirt.

KID'S RUN: \$15 if postmarked by October 15, 2019 (includes, shirt, finisher's medal and goodie bag). After that date and including race day also \$15 (includes finisher's medal only). Registration and Chesty's Challenge is located at East Donegal River Front Park 1632 Old River Road Marietta PA 17547. Registration closes at 8:45 am and race starts at 9:00 am.

Optional online registration available on www.pretzelcitysports.com

(Nominal processing fees apply, closes at MIDNIGHT WEDNESDAY NOVEMBER 8th)

MAIL and MAKE CHECK PAYABLE to: Lancaster County MCLA Unit 274

PO Box 227 Columbia, PA 17512

For more information: email mastrianiama@aol.com or call Mike (717) 715-3354 or Karen (717) 475-6024

Last Name: _____ First Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Circle One: 5K or Fun Run Sex: MF Race day Age: _____ Date of Birth: ___/___/___

Shirt Size (circle one or write): 5K Shirt S M L XL _____ Phone Number: (____) _____ AM or PM??
Kid's Shirt YS YM YL Military Veteran- Branch of

Service _____

Email: (print clearly) _____

Already getting Pretzel City emails regularly? YES NO Waiver: I know that running a road race is 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 of 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 weather and condition of 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, Marine Corps League of Lancaster County Detachment 294 and Auxiliary Unit 274, The Borough of Marietta PA and East Donegal Township and any subcontractors it utilizes, all municipalities in which the race is being held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for or 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 preview, restriction or compensation. **I HAVE READ AND UNDERSTAND THIS WAIVER: (IF UNDER 18 PARENT OR LEGAL GUARDIAN MUST SIGN)**

Signature _____ Date: ___/___/___