

Dash for Empowerment 5k run/walk

Come Celebrate 60 years of QUEST, Inc.



Saturday, November 23, 2019 /
10:00 AM 5K start / Lebanon, PA



WHO: Runners of all ages. Gather your family, friends & co-workers. Walkers are also invited to participate using the same course. The course is part gravel road and the paved Rail trail.

WHERE: Lebanon Expo Center, 80 Rocherty Rd, Lebanon, PA 17042

WHEN: Saturday, November 23, 2019
8:30 a.m. – Registration begins
10:00 a.m.– 5K Run begins
11:00 a.m. – Award presentation at finish line

DIRECTIONS:

- From **Harrisburg/Hershey** Take US 322 E. Turn left onto PA-241 N. Turn right onto Rocherty Road. Destination will be on your right.
- From **Lancaster** Take PA-72 N. Turn right onto Rocherty Road. Destination will be on your right.
- [Registration will be located under the pavilion.](#)

QUESTIONS: Call Michele at 717-273-8118 or email mumberger@paquest.com

HOW: Complete the form below and submit appropriate amount. Check/Money order payable to QUEST, Inc.

5k Entry Fee: Adults 18 & older \$20 if registered by November 6th to guarantee t-shirt. The fee for entries received after November 6th, including Race Day, is \$25, T-shirts available while supplies last. Youth 9-17 \$10 if registered by November 6th to guarantee t-shirt. The fee for entries received after November 6th, including Race Day, is \$15, T-shirts available while supplies last. Kids 8 & Under free (no t-shirt due to no entry fee). Youth and Adult Size requests will be honored to the best of our ability but size may be substituted.

Optional Online Registration Available at

<https://www.pretzelcitysports.com>

(Nominal service fee applies, closes midnight, November 20th)

5k AWARDS: Medals will be presented to 1st, 2nd & 3rd Male & Female Overall winners. Medals presented to top three Male & Female finishers in each of the following age brackets: 8 years and under, 9-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70+ years.

RESULTS: Finish line and timing service by Pretzel City Sports. Race Results posted on www.pretzelcitysports.com

REGISTRATION: Dash for Empowerment 5k Run/Walk Complete this portion. Detach and mail. Include \$20 early registration fee by November 6th. Late registration fee \$25. **Kids 9-17** \$10 early registration fee by November 6th. Late registration fee \$15 Kids 8 & under free (Registration form **MUST** be filled out for each person to participate. Checks payable to QUEST, Inc.

Name _____ Address _____

City _____ State _____ Zip _____ Age (on Race Day) _____

Gender: Male Female

Phone _____ E-mail address _____

T-shirt size (circle one) Youth S M L Adult S M L XL XXL
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WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to QUEST, Inc. and Lebanon Expo Center and those they employ from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running in this event including, but not limited to: falls; contact with other participants; the effects of the weather, including high heat and/or humidity; and the condition of the road; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event.

Signature X _____ Date _____

(Parent or guardian's signature if less than 18 years of age.)

Please make checks payable to QUEST, Inc., 704 Metro Drive, Lebanon, PA 17042, Attn: Michele