



# Dash for Empowerment 5k run/walk



QUEST, Inc.

Saturday, October 24, 2020 /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, October 24, 2020

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](mailto: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 October 9th to guarantee t-shirt. The fee for entries received after October 9th, including Race Day, is \$25, T-shirts available while supplies last. Youth 9-17 \$10 if registered by October 9th to guarantee t-shirt. The fee for entries received after October 9th, including Race Day, is \$15, T-shirts available while supplies last. Kids 8 & Under free – Reg. Form must be filled out & signed to participate. (no t-shirt due to no entry fee). Youth and Adult Shirt 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, October 21st)

**5k AWARDS:** Medals will be presented to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> 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](http://www.pretzelcitysports.com)

**REGISTRATION: Dash for Empowerment 5k Run/Walk** Complete this portion. Detach and mail. Include \$20 early registration fee by October 9th. Late registration fee \$25. **Kids 9-17** \$10 early registration fee by October 9th. 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 \_\_\_\_\_

*Please print*

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

**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