

Pain in the Butt 5K/10K for Colon Cancer Awareness

Benefits the Lucas E. Malmer Memorial Scholarship Fund
Saturday, March 28th, 2020
Fun Run at 8:40 am --- 5K/10K Walk/Run at 9:00am

Location: Ephrata Church of the Brethren, 201 Crescent Avenue, Ephrata, PA 17522

Registration: Packet pickup & day of race registration begins at 8:00 am

Course: Relatively flat, fast course; start at the church, run through Lincoln Heights and end back at the church. Strollers welcome.

Course limit for 5k and 10k is 1 hour 30 minutes.

Fun Run: ~Quarter mile run. All ages welcome. **Begins before 5K at 8:40 am.** You must fill out an entry form for the FREE Fun Run. (T-shirt not included.)

EARLY BIRD price (before 1/31/20): Adults: 5K/\$20, 10K/\$25; Students: 5K/\$15, 10K/\$20

If we receive entry by 3/11/20 prices as follows: Adults: 5K/\$25 or 10K/\$30; Students: 5K/\$20 or 10K/\$25.

If we receive entry after 3/11/20 (including day of race): Adults: 5K/\$30 or 10K/\$35; Students: 5K/\$25 or 10K/\$30.

Cancer Survivors are free (includes t-shirt)

To guarantee a long sleeved t-shirt entry must be received by 3/11/20.

T-shirt only...\$15

Awards: 1st-3rd place overall M/F (5K and 10K); 5K: 1st-3rd place M/F each age group -- 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+; 10K: 1st&2nd place M/F each age group—Under 20, 20-29, 30-39, 40-49, 50-59, 60+

Please NOTE: No Refunds - No Mailed Awards - No mailed t-shirts.

Water available on course. Food and drinks provided after race for all participants.

Mail form below & check (payable to **LEMMSF**) to: Haylay Young, 1665 Kleinfeltersville Rd. Stevens, PA 17578

Online registration available at www.pretzelcitysports.com, small fee applies. Online registration closes at midnight on Wednesday, March 25th
Check out the **Pain in the Butt 5K** Facebook page at... https://www.facebook.com/pages/Pain-in-the-Butt-5K/10K_Questions: Contact Margeau Cream at coloncancer5k@yahoo.com or 717-725-0859

_____ Please print clearly especially email address _____

2020 Pain in the Butt Run for Colon Cancer Awareness

Last name: _____ First name: _____

Address: _____

City: _____ State: _____ Zip: _____

Male Female Age on race day: _____ Date of Birth: _____

Email address: _____ Phone Number _____

Race: 10K 5K Fun Run Shirt size: Youth: S M L Adult: S M L XL 2X 3X 4X

WAIVER: I know that running a race is a potentially hazardous activity. I should not enter or run unless I am medically able & properly trained. I also know that there will be traffic, fall hazards, debris, and poor footing on the course and assume the risk for running on it. 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 effects of the weather, the conditions of the roads and getting lost, 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, Ephrata Church of the Brethren, the Lucas E. Malmer Memorial Scholarship Fund, all municipalities in which the event is held, the race committee, volunteers, all other organizations directly or indirectly associated with the race, any or all sponsors including their agents, employees, assigns or anyone acting on their behalf, or anyone else associated in any way with this race, from any or all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event. This waiver extends to all claims of every kind or nature whatsoever; foreseen or unforeseen, known or unknown. Also, by entering this race, I am granting permission to the race committee 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 & UNDERSTAND THIS: Signature X _____ Date _____

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