



Impacting
the World
with Capabilities

5K Run/Walk for Capabilities

Sat. May 9, 8am

FriendshipCommunity.net

Saturday, May 9, 2020, 5K Start 8:00 AM Lititz, PA

WHO: You! Runners and walkers of all ages. Gather your family, friends and co-workers. A great run for a great cause!

WHAT: The Friendship Community 5K Run/Walk for Capabilities. Friendship Community is a Christian ministry cultivating capabilities of Individuals with Intellectual Disability and Autism in Lancaster and Lebanon Counties of south central Pennsylvania since 1972.

WHEN: Saturday, May 9, 2020
7:00 a.m. – Registration begins
8:00 a.m. – 5K Run/Walk begins
9:00 a.m. (approx.) – Award Presentation immed. following 5K

WHERE: Friendship Community at 1149 East Oregon Road, Lititz, PA. The course will loop through Landis Homes and finish back at the starting line. Off busy public roads, ¼ mile - grass, 1 mile - packed fine gravel, remaining route – paved.
<http://bit.ly/FC-5K-map>

WHY: FREE tech t-shirt (if reg. by 4/17/20, after that while supplies last), FREE Breakfast, FREE Parking, Professionally Timed, Low Entry Fee, Safe Course - off busy roads, Part of a Community Festival, benefiting Individuals with Intellectual Disability and Autism, Friendship Community 27th Fest & Auction <https://www.friendshipcommunity.net/event/fest-auction-5k-2020/>, at the same location, with kids' activities, a large country auction, plants, baked goods and more for sale!

HOW: To register, complete the form below and submit a check with the correct amount to **Friendship Community** or register online (see below)

- \$30 by April 17 to receive a FREE tech t-shirt
- \$35 after April 17 thru May 8 (tech t-shirt while supplies last)
- \$40 Day-of registration (May 9) (tech t-shirt while supplies last)

NOTE: All registrations include a complimentary ticket to the pancake and sausage breakfast, on-site at the Fest & Auction

Paper Registration below or Online Registration at FriendshipCommunity.net/5K

(Online form closes midnight, Wed., May 6, 2020. Nominal service fee applies.)

Help our Individuals - CREATE YOUR OWN FUNDRAISING PAGE:
<http://bit.ly/FC-5K-Fundraise2020>

AWARDS: Cash prizes will be awarded to top three overall finishers \$75, \$50, \$25 (Male and Female). Medals will be awarded to top three Male & Females in the following age groups : 14 & Under 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70+)

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

QUESTIONS:
phone: 717-656-2466
email: development@friendshipcommunity.net
website: www.friendshipcommunity.net

REGISTRATION: Friendship Community 5K Run/Walk for Capabilities Complete this portion. Detach and mail. • \$30 by April 17 to receive a FREE tech t-shirt • \$35 after April 17 thru May 8 (tech t-shirt while supplies last) • \$40 Day-of registration (May 9) (tech t-shirt while supplies last) Checks payable to **Friendship Community**.

Name _____ Address _____
Please print

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

Gender: (circle one) Male Female

Phone _____ E-mail address _____

T-shirt size (circle one)

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 Friendship Community, Oregon Dairy, Landis Communities and those in their employ, and all their representatives and successors 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 Friendship Community and mail to:
Friendship Community, 1149 E Oregon Rd, Lititz, PA 17543**