



Dash & Splash 5K and Kids Fun Run

A SECA Race for Rec Event



QUARRYVILLE, PA

Saturday, May 23, 2020 Rain or Shine

WHO: Runners of all ages. Gather your family, friends and co-workers. Walkers are also invited to participate using the same course. The course is stroller and wheelchair accessible.

WHAT: The SECA Race for Rec will benefit our SECA Community Recreation Programs and Events.

WHERE: SECA Park in Quarryville, PA. The course will begin at the SECA Pool and consist of: a loop around the Fair Association grounds, up and back on Park Avenue and end back at the SECA Pool. The 5k course is wheel measured.

WHEN: Saturday, May 23, 2020

8:00 a.m. – Registration begins

9:30 a.m. – Kids Fun Run for Ages 12 & Under

10:00 a.m.– 5K Run begins

11:00 a.m. – Award presentation at finish line

DIRECTIONS:

- SECA Park is located at 299 Park Avenue Quarryville, PA 17566.
- Registration will be located at the pool entrance. Please enter through the Memorial Park entrance and park on the upper ball field.

HOW: Online registration and payment accepted at

www.pretzelcitysports.com or complete the form below and submit appropriate amount. Check/Money order payable to SECA.

(Nominal service fee applies, closes midnight, Wed. of race week)

OTHER INFORMATION: Pets and strollers are permitted. Water and lights snacks available before and after the race at start/finish line as well as bathrooms will be accessible at our outdoor pool complex.

10:00AM 5K / 9:30AM Fun Run

5k Entry Fee: \$25 if registered by May 6th to receive a SECA “Dash & Splash 5k” shirt. The fee for entries received after May 6th, including Race Day, is \$30, T-shirts available only to those that pre-register by May 6th. Size requests will be honored to the best of our ability but sizes may be substituted. All registered runners will also be admitted to the SECA Pool free of charge for the day of the 5k by providing their race day bib.

1 Mile Kids Fun Run Fee: Event is for kids 12 & under. \$15 if registered by May 6th to receive a SECA “Dash & Splash 5k” shirt. The fee for entries received after May 6th, including Race Day, is \$20, T-shirts available only to those that pre-register by May 6th. Size requests will be honored to the best of our ability but sizes may be substituted. Course will consist of an up and back run on Memorial Drive which is about a ½ mile. Finisher Medals awarded to all participants. All registered kids will be admitted to the SECA Pool free of charge for the day of the 5k by showing the desk staff their medal.

5k AWARDS: Medal and \$50 will be presented to Overall Male and Female Champion. Medals presented to top three (3) Male and three (3) Female finishers in each of the following age brackets: 14 and under, 15-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70+ years. Awards will take place immediately following 5k race.

RESULTS: Finish line and timing service by Pretzel City Sports. Race Results posted on www.pretzelcitysports.com one to two business days after the race.

QUESTIONS: Call us at 717-806-0123 or email us at seca@epix.net

REGISTRATION: SECA “Dash & Splash 5K” Complete this portion. Detach and mail. Include \$25 early registration fee by May 6th. Late registration fee \$30. **Kids Fun Run:** Children 3 & Under Free (Reg. form must be filled out to participate), \$15.00 if regist. by May 6th, Late reg. fee is \$20.00 Checks payable to SECA. No refunds or exceptions. Both races will be held rain or shine.

Name _____ Address _____

Please print

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

Gender: Male Female Event (circle one): 5k RUNNER 5k WALKER Kids Fun Run

Phone _____ E-mail address _____

T-shirt size (circle one)
Youth L M S

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 SECA, the Borough of Quarryville, the SECA Board of Directors, officers, agents and employees of the Southern End Community Association, the Counties of Lancaster, 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 SECA and mail to: SECA, PO Box 67, Quarryville, PA 17566