

## Age Group & Awards

Prizes awarded to Overall  
Male & Female Winner and  
Top Two Male & Female  
in each age group:

<u>Male</u>	<u>Female</u>
14 & Under	14 & Under
15-19	15-19
20-24	20-24
25-29	25-29
30-34	30-34
35-39	35-39
40-49	40-49
50-59	50-59
60-69	60-69
70 & Over	70 & Over

### *Ephrata Rec Center's Mission Statement:*

*"To improve the quality of  
life by providing  
wholesome, affordable  
recreation opportunities to  
the citizens of the  
Ephrata area"*

# SAVE THE DATE...



What's better than one race?  
How about three?  
Sign Up and Win Big in  
Rec Center of Lancaster  
County's 5K Race Series  
Register at [active.com](http://active.com)!



Ephrata recCenter  
**05.25.20**  
Memorial Day 5K

Hempfield recCenter  
**08.23.20**  
Honey Run 5K

Lititz recCenter  
**09.19.20**  
Pretzel Twist 5K

**3rd Annual**  
ephrata recCenter  
**Memorial Day 5K**  
**Monday, May 25**  
**8:00 a.m.**

130 S. Academy Dr. Ephrata  
717-738-1167  
[ephratarec.com](http://ephratarec.com)

# 3rd Annual Ephrata Rec

## Memorial Day 5K

**Monday, May 25 8:00 a.m.**

T-shirt for  
first 100  
registrants!  
Must register  
by May 9 to  
qualify for  
shirt!

Race Registration	\$\$	Deadline
Pre-Registration	\$20	Mon. May 18
After May 18/Day of	\$25	Registration opens 7:00 a.m. day of race

### Memorial Day 5K FAQs

- Pre-Race packet pick-up:  
Sun. May 24 3:00pm - 5:00pm at the  
Rec Center
- Race Day Registration begins at  
7:00 am on the EASD Track—located  
beside the Ephrata Rec Center
- Race Location: starts on EASD Track
- Prizes will not be mailed
- All the proceeds go towards Ephrata  
Recreation Center youth programs
- Contact Maria Rotella at 717-738-1167  
x106 for additional info.

### Timing By Pretzel City Sports

**Checks payable to  
Ephrata Rec Center  
Return to: Ephrata Rec Ctr.  
130 South Academy Dr.  
Ephrata, PA 17522  
Attn: Maria Rotella  
Pre-Register at the Rec or  
online at [ephratarec.com](http://ephratarec.com) or  
[pretzelcitysports.com](http://pretzelcitysports.com)**

### Memorial Day 5K Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

DOB: \_\_\_\_\_ Phone: \_\_\_\_\_

Gender: M or F Age on Race Day: \_\_\_\_\_

T-shirt Size (Circle One) S M L XL XXL

In consideration of the acceptance of this entry, I, the undersigned, intending to be legal bound hereby, for myself, my heirs, executors, administrators and personal representatives, hereby waive and release any and all rights and claims for damages, illness, injuries or lessees which I have or which may occur to me against all race officials and organizations conducting or involved in this event including, but not limited to, the Ephrata Recreation Center, the Ephrata Church of the Brethren, the Ephrata Area School District and/or the Borough of Ephrata, their officers, directors, employees, representatives, successors, volunteers and assignees, that may result from my participation in this event. Further, I hereby grant full permission to the aforementioned person and organizations to use my name and/or picture in any newspaper, photography, video tape, motion picture, recording or any other account of this event for any purpose whatsoever. I understand the registration fee is non-refundable.

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Signature of legal Guardian required if under 18 years of age.