

Pride in the Tribe 5K RUN
Presented by
DONEGAL ATHLETIC CLUB
(Assisted by the Donegal Cross Country Booster Club)



Saturday, March 18th, 2023
9:00 AM

Mount Joy, PA

Runners of all ages. Gather your family, friends and co-workers. Walkers are also invited to participate using the same course.

Donegal Athletic Club along with the Donegal Cross Country Booster Club is pleased to announce its 3rd Annual Pride in the Tribe 5K Run.

The Donegal Athletic Club is a grass roots organization which strives to foster and support the tradition of athletic excellence for Donegal School District and the surrounding communities through personal connection, community advocacy, and collaboration.

WHEN: Saturday, March 18th, 2023
8:00 a.m. – Registration begins
9:00 a.m.– 5K Run begins
9:45 a.m. – 10 and under 100 yard Dash
10:00 am – Awards Ceremony

LOCATION / DIRECTIONS (STARTING POINT):

- Donegal School District campus
- Registration will be in the parking lot of the DHS Athletic Complex- 1025 Koser Road, Mount Joy, PA 17552

RACE DAY COURSE: Start and finish line outside the stadium entrance. Around the high school to Koser Road. South on Indian Way around the Junior High School, east on Koser Road to Pinkerton Road. Loop back on Koser Road around the Primary School driveway then back to the High School.



REGISTRATION: Pride in the Tribe 5K Run Complete this portion. Detach and mail. Include \$ early registration fee by March 8, 2023. Checks payable to Donegal Athletic Club (indicate Pride in the Tribe 5k in the memo)

Name _____ Address _____

Please print

City _____ State _____ Zip _____

Gender: Male Female Age on Race Day _____ **Event** (circle one): 5K RUNNER 5K WALKER

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 the Donegal Athletic Club, Donegal School District, East Donegal Township and those in their employ, 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 Donegal Athletic Club (memo: Pride in the Tribe 5K) and mail to:
Donegal Athletic Club
P.O. Box #135
929 East Main Street
Mount Joy, PA. 17552

5k Entry Fee: if registered by March 8, 2023

- \$10: 10 and Under 100 yard Dash
- \$15: Students (18 and under)
- \$25: Adults (19+)

The fee for entries received after March 8, 2023 including Race Day, is \$30. T-shirts available while supplies last. 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/online-registration/>
(Nominal service fee applies, closes midnight, March 17th)

Packet Pick-up: Saturday, March 18th 2023 8:00-8:45AM

5K AWARDS: Awards will be presented to Overall Male and Female champions and for the top three male and top three female finishers, in each of the following age brackets: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+ years.

RESULTS: Finish line and timing service by Pretzel City Sports.

Race Results posted on www.pretzelcitysports.com

QUESTIONS: Contact Abby Hoover-
@abby.hoover26@gmail.com or 717-419-5599