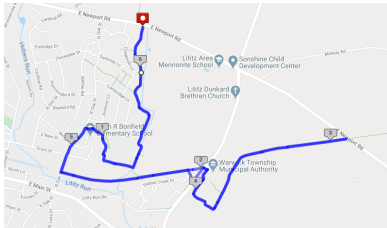
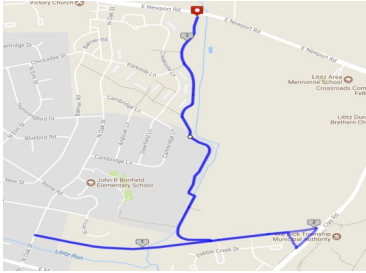


Course: This is a flat, fast course, the majority of which is located on the Lititz-Warwick Trailway and Lititz/Ephrata rail trail.



Awards:

Separate awards for the male and female first place runners

Separate awards for top two male and females in the following age groups:

- 9 and under, 10-14, 15-22, 23-29, 30-39, 40-54, 55-69, 70+

*No duplicate awards

In January of 2010, Conner Holland, son of this organization's founders, was diagnosed with T-Cell ALL Leukemia. Conner persevered through the first 9-months of treatment, but unfortunately at month 14 his cancer relapsed. Chemotherapy drugs that were hopeful to cure his cancer instead resulted in devastating brain injury that prevented his medical team from pursuing any curative therapies. Conner passed away on September 4th, 2011.

The Conner M. Holland Foundation (CMHF) was formed as a result of this tragedy. The CMHF believes it is unacceptable for families to suffer financial distress while dealing with the crushing weight of pediatric cancer. They provide care, support, and financial assistance to those who need it the most. To date, they have been able to donate over 7,700 pair of pajamas to children at CHOP and Hershey Hospitals and have been able to provide grants to families to aid living expenses while their children are undergoing treatment.

To learn more about the Holland family's story, visit www.connerholland.com.



4th Annual Pajama 5K & Kids Fun Run

BENEFITING THE:

Conner M. Holland
Foundation for Pediatric Cancer



Saturday, July 18, 2020

5K: 8:00am

Fun Run: Roughly 9am

Lititz/Warwick Trailway
Lititz, PA

4th Annual
**Pajama 5K
& Kids Fun Run**

Where: Lititz/Warwick Trailway
When: Saturday, July 18, 2020
8:00am

Directions: Newport Rd trailhead
800 E Newport Rd. Lititz, PA 17543
Please try to car pool since parking is limited

- Events:**
- Bib pick up **FRIDAY JULY 17th**
at **AT&T** (1054 Lititz Pike, Lititz) 11-2pm
or 4-7pm
 - 7:00am: Registration/Bib Pick Up
 - 8:00am: 5K Run/Walk start
 - 9:00am: Kids Fun Run (ages 9 and under)
 - Awards to follow

Rain or Shine
No refunds or mailed awards

JOIN THE FUN!
**WEAR YOUR FAVORITE PAJAMAS
FOR THE RUN!**

Please help us collect new pajamas
(with tags, sizes 12 months-18 years) to be
donated to children admitted to oncology
units at local hospitals.

Please mail FORM and CHECK to:
Karly Musser
51 Peters Road Suite 200
Lititz, PA 17543

Checks payable to
"The Conner M. Holland Foundation"

Entry:

T-shirts to all pre-entries
postmarked by Wednesday, July 1,
2020

*while supplies last, including race day
(5Krunners ONLY)

If postmarked BY 7/1/2020:

- 5K: \$30 with
- 5K Team: \$140 for a 5 person
team, with shirts
- Kids Run: FREE (no shirt)

NOTE: Team entries must
be mailed together.

**If postmarked AFTER 7/1/2020
& race day entries:**

- 5K: \$35 shirt while available
- Kids Run: FREE (no shirt)

Reg. form & waiver needed

**Optional online registration
available on**
[https://www.pretzelcitysports.com/
onlineform1.php?id=1197](https://www.pretzelcitysports.com/onlineform1.php?id=1197)
(Nominal service fee applies, Online
Registration closes at midnight
07/15/2020

Registration Form

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Circle one: 5K Kids Run Sex: M F Race day age: _____ Date of birth ____/____/____

Shirt Size for 5K(circle one): Men's S M L XL Women's S M L XL Phone: (____) _____

Email: (print clearly) _____

Already getting Pretzel City emails regularly? Yes _____ No _____

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be traffic on the course and assume the risk for running in traffic. 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 and the condition of the roads, 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, the CONNOR M. HOLLAND FOUNDATION, any subcontractors it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to Pretzel City Sports 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 AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____ date ____/____/20 _____

TEAM NAME: _____
(Group of 5 or more)