


# Solid Rock 5k AND Kid's Fun Run

*limited race!*  
Only 300 Registrations Available!

\*Fun Run is unlimited

**AUGUST 8, 2020**

 301 E State Street  
Quarryville, PA 17566  
Enola Low Grade Trail



## cost

**Early Bird**  
April 3rd-June 2nd:  
\$20 | Team members  
\$25 | Individuals  
\$5 | Fun Run

**Standard**  
June 3rd-Aug 7th:  
\$30 | Team members  
\$35 | Individuals  
\$5 | Fun Run

**Day of registration**  
*(no team registration)*  
\$40 | Individual  
\$5 | Fun Run

*5K registration after July 14th does not guarantee a t-shirt. Fun Run registration does not include t-shirt.*

*Make checks payable to "Solid Rock Youth Ministries"*

**EARLY PACKET PICK-UP**  
*for the planners* 

## schedule

**7:00 AM** Registration & Packet Pick-Up  
**8:00 AM** Kid's Fun Run  
**8:30 AM** 5K Run/Walk  
*Awards Ceremony to follow*

## contact

**Race Director**  
**Mary Price**  
*marymendenhall06@gmail.com*

**Solid Rock Director**  
**Raeanne Nixon**  
*Raeanne.nixon@gmail.com*

**AUGUST 7TH**  
Solid Rock | 6pm-8pm  
34 E State St  
Quarryville, PA 17566  
*Day of pick-up starts at 7 am*

## fun run

Fun Run is a short run open to those 12 years and under. Fun Run Finishers will receive a "goodie bag" and finishers medal. *T-shirt not included.*

## parking

Parking is available at the trailhead. Additional parking is across the street, but will be limited. *Carpooling is encouraged.*

## teams

Get some friends or coworkers together to get a deal! Teams must have at least 5 people.

## awards

First place M/F finishers will receive medal & prize. Top 3 M/F finishers in each age group will receive a medal. 14U, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

**register**  
Register online at [pretzelcitysports.com](http://pretzelcitysports.com) or complete the bottom section and send along with checks payable to **Solid Rock Youth Ministries** 34 E State Street, Quarryville, PA 17566  
*online registration closes August 5th*

First name: \_\_\_\_\_ Last name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City, State: \_\_\_\_\_ Zip: \_\_\_\_\_ Gender (circle one): M F  
 Age on Race day: \_\_\_\_\_ Birth date: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Email address: \_\_\_\_\_ Event (circle one): 5K Fun Run  
 Team Name (optional): \_\_\_\_\_ Shirt Size (5K only, circle one): S M L XL XXL  
 Emergency Contact (Name + Phone): \_\_\_\_\_

I understand that participating in this event is potentially hazardous, and that I will not enter and participate unless I am medically able and properly trained. I assume full and complete responsibility for any injury or accident which may occur while I am traveling to or from the event, during the event, or while I am on the premises of the event. I am also aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, effects of weather, heat, traffic, and conditions of the road. I, for myself, my heirs, executors and administrators, and anyone entitled to act on my behalf, waive, release and forever discharge the Solid Rock Youth Ministries and all employees, members of the Board of Directors, volunteers, sponsors, their representatives and successors from all present or future known or unknown liabilities claims, actions, or damages arising out of my participation in this event even though that liability may be out of negligence or carelessness on the part of the person named in this/the waiver. If I am a parent or guardian for a participant, I consent to my child's participation and agree to the terms of this waiver and hereby release any derivative claims that arise out of my child's participation. I grant permission to all of the foregoing to use my photographs, recordings or any other record of this event for any legitimate purpose. **IF RUNNER IS UNDER 18 YEARS OLD, PARENT OR GUARDIAN MUST SIGN BELOW. OTHERWISE, RUNNER MUST SIGN.**

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