



**Thurs. July 2 -  
Sun. July 5, 2020**

**Things may be  
a little different this year,  
but continue the  
tradition and run  
5 miles for the 4th!**

**LOCATION:** Anywhere you want to run or walk, as long as it's five miles at once!

**COURSE:** Anything you create or a five-mile course you're already familiar with.

**RESULTS:** Complete 5 miles, record your time (even send us a picture of your watch face, and you too!!) Your results must be sent to us by e-mail at: [maria@ephratarec.com](mailto:maria@ephratarec.com)  
You must submit your race time by hours, minutes and seconds (00:00:00) along with your full name, age, gender and address no later than Sunday, July 5 at 7:00 p.m. to have your effort be included in the final Virtual Race Results. Results will be posted to [Pretzelcitysports.com](http://Pretzelcitysports.com) by the end of the first work day following the race.

**REASON TO PARTICIPATE:** To keep up tradition, to support your community and because running five miles in July is fun and you can do it!

**ENTRY:** \$20 fee includes printable race bib and medal (pick-up time at Rec TBD).  
\$25 for bib, medal and Firecracker Virtual Race t-shirt (pick-up time at Rec TBD).  
\$30 if you would like medal and t-shirt mailed to you.

Deadline for registration to receive a t-shirt is Saturday, June 20! Online registration only.

Register here: <https://www.pretzelcitysports.com/onlineform1.php?id=1193>

(Nominal service fee applies, closes at 3:00 p.m. Sunday, July 5.)

**AWARDS:** Virtual Awards: 1st Male & Female Overall and Top 3 Males & Females in the following age groups: 12 & Under, 13-19 20-29, 30-39, 40-49, 50-59, 60-69, 70-79 and 80 + (because you're never too old!!)

**RACE DIRECTOR:** Maria Rotella Ephrata Rec Center [maria@ephratarec.com](mailto:maria@ephratarec.com) or  
717-738-1167 x106