

WHO'S YOUR HERO?

Solid Rock 5k AND Fun Run

OCTOBER 31, 2020



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

limited race!
Only 300 Registrations Available!
**Fun Run is unlimited*

cost

Early Bird

June 1 - August 1:
\$20 | Team members
\$25 | Individuals
\$5 | Fun Run

Standard

August 2 - October 28:
\$30 | Team members
\$35 | Individuals
\$5 | Fun Run

Day of registration

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

5K registration after October 12th 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

7:30 AM Registration & Packet Pick-Up

8:30 AM Kid's Fun Run

9:00 AM 5K Run/Walk

Awards Ceremony to follow

teams

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

parking

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

OCTOBER 30TH

Solid Rock | 6pm-8pm
34 E State St
Quarryville, PA 17566

Day of pick-up begins at 7:30 am

who's your hero?

It could be a fictional super hero or someone in your life you admire.

We encourage you to dress up as your favorite hero for race day!

Please remember that this is a **family friendly** event. Costumes are not required.

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.

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+

contact

Mary Price | Race Director

marymendenhall06@gmail.com

Raeanne Nixon | Solid Rock Director

Raeanne.nixon@gmail.com



register

Register online at 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 October 28th

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 am aware this race may be transitioned to a virtual race and refunds will not be granted. 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: _____