


# WHO'S YOUR HERO?

## Solid Rock 5k

limited race!  
Only 300 Registrations Available!

**OCTOBER 31, 2020**  
YOUR CHOICE: IN-PERSON OR VIRTUAL

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



### cost | virtual

\$25 | Packet Pick-Up  
or  
\$30 | Packet Delivery

5K registration after October 12th does **not guarantee** a t-shirt. Virtual race does not include a Fun Run option..

Make checks payable to "Solid Rock Youth Ministries"

### packet pick-up

October 30th  
Solid Rock | 6pm-8pm  
34 E State St  
Quarryville, PA 17566

### schedule

You can run or walk the 5K whenever you want!

If you want to have your **time posted** on the Pretzel City website you need to have the race completed and the results to Solid Rock by **October 31, 2020**.

Submit time by emailing [raeanne.nixon@gmail.com](mailto:raeanne.nixon@gmail.com)

### awards

Virtual runners are not eligible for medals/prizes.

### 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.

### contact

Mary Price | Race Director  
[marymendenhall06@gmail.com](mailto:marymendenhall06@gmail.com)

Raeanne Nixon | Solid Rock Director  
[Raeanne.nixon@gmail.com](mailto:Raeanne.nixon@gmail.com)

## 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 October 28th

----- **THIS APPLICATION IS FOR VIRTUAL RUNNERS** -----

First name: \_\_\_\_\_ Last name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State: \_\_\_\_\_ Zip: \_\_\_\_\_ Gender (circle one): M F

Age on Race day: \_\_\_\_\_ Birth date: \_\_\_\_\_ Phone: \_\_\_\_\_

Email address: \_\_\_\_\_

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: \_\_\_\_\_