



Impacting
the World
with Capabilities

5K Run/Walk for Capabilities

Sat. Sept. 26, 8am

FriendshipCommunity.net

Saturday, September 26, 2020 5K Start 8:00 AM Lititz, PA

WHO: You! Runners and walkers of all ages. Gather your family, friends and co-workers. A great run for a great cause!

WHAT: The Friendship Community 5K Run/Walk for Capabilities. Friendship Community is a Christian ministry cultivating capabilities of Individuals with Intellectual Disability and Autism in Lancaster and Lebanon Counties of south central Pennsylvania since 1972.

WHEN: Saturday, September 26, 2020

7:00 a.m. – Check-In/Day of Registration begins

8:00 a.m. – 5K Run/Walk begins

9:00 a.m. (approx.) – Award Presentation immed. following 5K

WHERE: Friendship Community at 1149 East Oregon Road, Lititz, PA. The course will loop through Landis Homes and finish back at the starting line. Off busy public roads, ¼ mile - grass, 1 mile - packed fine gravel, remaining route – paved.
<http://bit.ly/FC-5K-map>

WHY: FREE tech t-shirt (if reg. by 9/4/20, after that while supplies last), FREE Parking, Professionally Timed, Low Entry Fee, Safe Course - off busy roads, benefiting Individuals with Intellectual Disability and Autism.

COVID PRECAUTIONS: Race limited to 225 entries, masks encouraged before & after race, masks NOT required during race, social distancing encouraged, water station(s) will be self-serve, temps may possibly be taken at check-in. Virtual Participant Option (see details under the “HOW” section)

HOW: To register, complete the form below and submit a check with the correct amount to **Friendship Community** or register online (see below)

- \$30 by September 4 to receive a FREE tech t-shirt
- \$35 after Sept. 4 thru Sept. 25 (tech t-shirt while supplies last)
- \$40 Day-of registration (September 26) (tech t-shirt while supplies last)
- Virtual Participant Option: Same price structure as In-Person Race above, add \$5 if you want t-shirt mailed, (*run on your own, includes goodie bag and t-shirt, t-shirt availability according to registration dates*)

Paper Registration below or Online Registration at
www.FriendshipCommunity.net/5K

(Online form closes midnight, Wed., Sept. 23, 2020. Nominal service fee applies.)

Help our Individuals - CREATE YOUR OWN FUNDRAISING PAGE:
<http://bit.ly/FC-5K-Fundraise2020>

AWARDS: Cash prizes will be awarded to top three overall finishers \$75, \$50, \$25 (Male and Female). Medals will be awarded to top three Male & Females in the following age groups : 14 & Under 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70+) (Awards are only for in-person participants)

RESULTS: Finish line and timing service by Pretzel City Sports. Race Results will be posted on www.pretzelcitysports.com

QUESTIONS:

phone: 717-656-2466

email: development@friendshipcommunity.net

website: www.friendshipcommunity.net

REGISTRATION: Friendship Community 5K Run/Walk for Capabilities Complete this portion. Detach and mail. • \$30 by September 4 to receive a FREE tech t-shirt • \$35 after Sept. 4 thru Sept. 25 (tech t-shirt while supplies last) • \$40 Day-of registration (September 26) (tech t-shirt while supplies last) Checks payable to **Friendship Community**.

I plan to participate In-Person Virtual Participant w/ Shirt Pick up Virtual Participant w/ Mailed Shirt (add \$5)

Name _____ Address _____
Please print
City _____ State _____ Zip _____ Age (on Race Day) _____ Gender: (circle one) Male Female

T-shirt size: (circle one) Adult: S M L XL XXL Phone _____ E-mail _____

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to Friendship Community, Oregon Dairy, Landis Communities and those in their employ, and all their representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running in this event including, but not limited to: falls; contact with other participants; the effects of the weather, including high heat and/or humidity; and the condition of the road; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event.

Signature X _____ Date _____
(Parent or guardian's signature if less than 18 years of age.)

Please make checks payable to Friendship Community and mail to: Friendship Community, 1149 E Oregon Rd, Lititz, PA 17543