and 1 Mile Fun Run/Walk

*** Virtual This Year ***

www.lititz5kforlife.com

Saturday, October 17, 2020
Any time between now and 11am on the 17th

Due to the Coronavirus COVID-19 we are running a virtual race this year. This year runners AND walkers of all ages are welcome to complete a 1 mile or 5K course on your own! Complete it with a baby in a stroller! Ride your mobility scooter! Make it a family affair! Some participants are serious runners while others see it as a social event. Either way, it's fun and supports women and families! Registration fee is $30 which includes long sleeve T-shirt. Add an additional $5 dollars if you would prefer delivery.

REGISTRATION
Complete the form below to register.
ENTRY with Shirt Pickup $30 if registered by October 9th, with T-Shirt guaranteed. After October 9th $30, shirts available while supplies last. Shirts May be Picked up at Saint James Church on October 17th between 9:00 & 11:00 AM.
ENTRY with Shirt Delivered $35 if registered by October 9th, with T-Shirt guaranteed. After October 9th $35, shirts available while supplies last.

WHERE: At a safe running/walking course near you **WHEN:** Any time on or before Saturday, October 17, 2020

OPTIONAL ONLINE REGISTRATION: Available at www.pretzelcitysports.com
(Nominal service fee applies/closes at Midnight, Friday October 16, 2020)

For questions, contact Race Director Kara Garman at 717-575-7072 or lititz5kforlife@gmail.com

Complete 3.12 miles (5K), record your time (even send us a picture of your watch face, and you too!!) Your results must be sent to us by no later than 11am on Saturday the 17th at lititz5kforlife@gmail.com to have your effort be included in the final Virtual Race Results. Results will be posted to Pretzelcitysports.com by the end of the workday on Monday the 19th.

REGISTRATION FORM For 5k & 1 Mile Fun Run/Walk complete this portion, detach, and mail. Please do not mail in registration forms after October 7, 2020.

Name_____

Address _____

City/State_____ Zip _____ Phone_____

E-mail _____ Date of Birth _____

| **Adult T-shirt Size** |
| *(circle one)* |
| **S   M   L XL XXL** |
| ____ **Pick Up Option** |
| ____ **Delivery** |

Race Day Age ____ Male___ Female__ **Event (circle one) 5k 1mile Fun Run/Walk**

RELEASE FORM (Mandatory): *I understand that participating in this event is potentially hazardous, and that I will not enter and participate unless I am medically able and trained properly. I assume full and complete responsibility for any injury or accident which may occur while I am traveling to, from, or while participating in this event, including but not limited to falls, contact with other participants, and effects of weather, traffic, and conditions of the road. On behalf of myself, my heirs, executors, administrators, successors, and assigns, I hereby waive and release all rights and claims for damages which I may have against you or your assigns, the municipalities in which the event occurs, or anyone connected with the event, their heirs, executors, administrators, successors, and assigns, for any and all injuries or illnesses which I may suffer as a result of taking part in the event. I grant permission to all of the foregoing to use my photographs, pictures, recordings, or any other record of this event for any legitimate purpose.* Signature of Entrant_____ Date _____

Parent/Guardian Signature _____ Date _____
(IF UNDER 18 YEARS OF AGE)

Please make checks payable to: "St. James Church" and mail to St. James Church c/o 5K for Life 505 Woodcrest Avenue, Lititz, PA 17543