

DASH FOR THE SASH 5K RUN

Presented by
PAULA'S SCHOOL OF BATON

Saturday, April 24 2021 9:00 AM



Runners of all ages. Gather your family, friends and co-workers. Walkers are also invited to participate using the same course.

Paula's School of Baton is pleased to announce the 2nd Annual Dash for The Sash 5K Run. Each year, 30 young girls commit their time training to compete at Drum Majorettes of America's Summer National Competition. These national competitors also work hard raising funds to offset the costs associated with competing on such an elite level. The proceeds from this endeavor will directly benefit these young girls and their aspiring dreams.

WHEN: Saturday, April 24, 2021

8:00 a.m. – Registration begins

9:00 a.m.– 5K Run begins

10:00 a.m. – Award presentation at finish line

LOCATION / DIRECTIONS:

- Paula's School of Baton, 8 West Main Street, Mount Joy, PA. 17552.
- Registration will be located in the parking lot

RACE DAY COURSE: Start @ Paula's School of Baton parking lot, 8 West Main Street, right on South Market Street, cross over Marietta Avenue, continue on South Market Street, right on School Lane, left on Pinkerton Road, right on Koser Road, around Donegal High School parking lot, left on Koser Road, left on Pinkerton Road, right on School Lane, left on South Market Street, ending at Paula's School of Baton

VIRTUAL COURSE: Sign up for our virtual option and you can run your own race wherever you like between April 1 – April 24. Complete 3.12 miles (5K) record your time by Hr:Min:Sec. Your results must be sent to us by email no later than Saturday, April 24 at 6:00 PM, to have your results included in the final results posted in Pretzelcitysports.com.

5k Entry Fee: \$25 if registered

by April 1st to receive a Dash for The Sash t-shirt. The fee for entries received after April 1st including Race Day, is \$30. Extra t-shirts will be available in limited sizes the day of the race, while supplies last.

Virtual Race Fee: with shirt pick-up \$25, with shirt shipped to your home \$30. Must receive online registration by April 1 to guarantee a shirt.

Optional Online Registration Available at
<https://www.pretzelcitysports.com/online-registration/>
(Nominal service fee applies, closes midnight, April 21)

Packet and Shirt Pick-up: Thursday, April 22 and Friday, April 23 between the hours of 5:00 – 7:00 at Paula's School of Baton.

5k AWARDS: Awards will be presented to Overall Male and Female champions and for the top three male and top three female finishers, in each of the following age brackets: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+ years. Awards are not given in the Virtual Event.

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

COVID PRECAUTIONS: All entries **MUST** wear a face covering **AT ALL TIMES**. Runners/Walkers must start the race and finish with a face covering on. You **DO NOT** have to wear a mask while racing but must carry one, so that you can put it on while crossing the finish line. Runners are also required to remain 6 ft. away from all others the entire time before and after the race, including while lining up for the start of the race.

QUESTIONS: Call Paula's School of Baton 717-653-8519 or pcmcadoo@comcast.net

REGISTRATION: Dash For The Sash 5K Run Complete this portion. Detach and mail. Include \$25 early registration fee by April 1st. Late registration fee \$30.

Name _____ Address _____
Please print

City _____ State _____ Zip _____

Gender: Male Female Age on Race Day _____ Event (circle one): 5k RUNNER 5k WALKER VIRTUAL shirt mailed
VIRTUAL shirt pick-up

Phone _____ E-mail address _____

T-shirt size (circle one)

Youth S M L

Adult S M L XL XXL

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to Dash for The Sash, the Boroughs of Mount Joy, East Donegal Township and those in their employ, the Counties of Lancaster, 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/walking 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 Paula's School of Baton (memo: Dash For The Sash) and mail to:
Paula's School of Baton 8 West Main St. Mount Joy, PA. 17552**