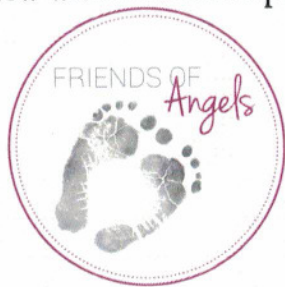


# 7th Annual Kat's 5K Run/Walk

Now with a Virtual Option!



SATURDAY  
MAY 8, 2021  
8:30 A.M.  
STRASBURG, PA

Kat's 5K is in memory of Kathryn Frances Lehoe, the stillborn daughter of Friends of Angels Founders Chris and Diane Lehoe  
Proceeds to benefit The Sweet Pea Project Organization, the Garden of Hope, Lynnley's Light & The Kathryn Frances Burial Fund  
Visit us at [www.friendsofangelspa.org](http://www.friendsofangelspa.org) - Contact Diane Lehoe [diane@friendsofangelspa.org](mailto:diane@friendsofangelspa.org) with any questions.

**LOCATION:** Wesley United Methodist Church  
40 W. Main Street, Strasburg, PA 17579  
Race activities to be held in the back parking lot

**COURSE:** 5K course on the rolling hills in the heart of Strasburg, PA. All runners/walkers welcome  
**NO PETS**

**LIVE EVENT:** The 1st 250 registrants will be able to compete in person. In the event that the state would change the approval the race will go to all virtual we will notify you by May 1, 2021. No refunds!

**VIRTUAL EVENT:** Run your own race wherever you can from May 1 - May 8 ~ To be listed in the race results send your time HR:MIN:SEC to [Nichole@friendsofangelspa.org](mailto:Nichole@friendsofangelspa.org) by May 9th

**LIVE FEES:** Shirt to those who register by April 21st  
\$30.00 (\$20.00 for 12 & under) by April 21st  
\$35.00 (\$25.00 for 12 & under) after April 21st  
Age 5 & under are free (no shirt) must register for live

**VIRTUAL FEES:** Shirt to those who register by April 21st  
\$30.00 (\$20.00 for 12 & under) w/shirt pickup  
\$35.00 (\$25.00 for 12 & under) w/shirt shipped  
Age 5 & under are free (no shirt)

**AWARDS:** Top Male & Female plus 3M, 3F in the following  
14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+  
No individual awards for virtual participants  
largest team award (includes virtual participants)  
Race results posted [www.pretzelcitysports.com](http://www.pretzelcitysports.com) in 1-2 days

**COVID PRECAUTIONS:** Everyone must wear a mask at all times when not running/walking the course.  
practice social distancing when possible  
hand sanitizer available

Optional online registration available on [www.pretzelcitysports.com](http://www.pretzelcitysports.com)  
(nominal processing fee applies, closes on Wednesday May 5th at midnight)

Mail-In Registration: Complete this portion. Detach and mail to: Friends of Angels, P.O. Box 152, Willow Street, PA 17584

**PRE-PACKET & VIRTUAL SHIRT PICK-UP (AT CHURCH) FRIDAY MAY 7th 4-7 P.M. - PACKET PICK-UP RACE DAY 7:00-8:00**

Event: (circle one)      5k "Live Race"      5k Virtual w/shirt pickup      5k Virtual w/mailed shirt

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

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Sex: M / F - Race day age: \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Shirt size (circle one): Adult / Youth - S M L XL XXL - Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ A.M. or P.M.

Team: \_\_\_\_\_ E-mail: \_\_\_\_\_

I am running/walking in memory of \_\_\_\_\_ (name will be placed on a memorial board)

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be traffic on the course and assume the risk for running in traffic. I also assume any and all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the affects of the weather and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entr e fee, I hereby for myself and anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Friends of Angels, any subcontractors it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to Friends of angels to use any pictures or likeness of me secured at the event in any way they see fit without review, restriction or compensation.

Signature: \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/2021