



icare

5K AND 10K WALK AND RUN

SATURDAY MAY 29, 2021

CHALLENGE YOURSELF & ENCOURAGE YOUR FELLOW PARTICIPANTS – WHILE ENJOYING A SCENIC ROUTE THROUGH AMISH FARMLAND IN LANCASTER COUNTY.

WHO People of all ages and abilities. Run or walk with your family, friends and co-workers. The course is stroller & wheelchair accessible.

WHAT iCare 5K and 10 K Run/Walk is a fundraiser for Blessings of Hope.

WHY Your participation will help feed struggling individuals and families in our region and beyond!

WHERE 1850 Diamond Station Road Ephrata, PA

WHEN Saturday, May 29th, 2021 • Check-in at 7:30am / 5k 10k begins at 8:30am

COURSE DETAILS: THE EVENT BEGINS AT THE FUTURE HOME OF BLESSINGS OF HOPE, LOCATED IN RURAL LANCASTER COUNTY, PA. OUR 5K AND 10K COURSE FEATURES SCENIC COUNTRY ROADS WINDING THROUGH PEACEFUL AMISH COUNTRY, PAST BEAUTIFUL FARMS AND IMMACULATE HOMES. COURSE WILL BE MARKED. WATER STATION AT TURNAROUND POINT. PETS WELCOME.

FINISH LINE AND TIMING SERVICE COURTESY OF PRETZEL CITY SPORTS. RACE RESULTS POSTED AT WWW.PRETZELCITYSPORTS.COM

ENTRY

Use the entry form below to register. Send your \$30 (for 5k) or \$40 (for 10k) check or money order by May 1st, 2021 to receive an iCare sweat towel. Registration fee after May 1st increases to \$35 (5k) or \$45 (10k). Online registration available at www.pretzelcitysports.com/online-registration

AWARDS

Top Overall Male & Female Award

Top 3 Awards Per Age Bracket for 5k and 10k:
14 and Under, 15-19, 20-29

Top 1 Award Per Age Bracket for 5k and 10k:
30-39, 40-49, 50-59, 60+

SWAG & AMENITIES

Sweat towel embroidered by local Amish craft lady for every participant registered by May 1st, 2021. Breakfast sandwich and fresh squeezed orange juice to refuel after race. Bottled water available for racers, before, during, and after the race.



(717) 824-1227 • BLESSINGSOFHOPES.COM

REGISTRATION

REGISTRATION CLOSING AT MIDNIGHT, WEDNESDAY MAY 26TH, 2021

COMPLETE THIS PORTION, DETACH AND MAIL. INCLUDE \$30 (FOR 5K) OR \$40 (FOR 10K) IF POSTMARKED BY MAY 1ST – \$35 (5K) OR \$45 (10K) THEREAFTER. OPTIONAL ONLINE REGISTRATION AVAILABLE AT WWW.PRETZELCITYSPORTS.COM/ONLINE-REGISTRATION (Service fee applies)

LAST NAME _____ FIRST NAME _____ AGE _____
PLEASE PRINT ON RACE DAY

ADDRESS _____ GENDER: M / F
CIRCLE

APT / PO# _____ CITY _____ STATE _____ ZIP _____

EMAIL _____ PHONE _____
INCLUDE AREA CODE

SIGNATURE _____ DATE _____
PARENT OR GUARDIAN'S SIGNATURE REQUIRED IF LESS THAN 18 YEARS OF AGE

MY RACE LENGTH:

☐ 5K ☐ 10K

WAIVER/RELEASE: By submitting this signed form and registration fee, I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to Blessings of Hope, West Earl 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 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 myself. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event.

MAKE CHECKS
PAYABLE TO:
"BLESSINGS OF
HOPE"

MAILING ADDRESS:

BLESSINGS OF HOPE
ATT: BARBIE
P.O. BOX 567
EPHRATA, PA 17522

QUESTIONS?

CALL: (717) 824-1227