

Pride in the Tribe 5K RUN/WALK
With Virtual 5K Option
Presented by DONEGAL ATHLETIC CLUB
(Assisted by the Donegal Cross Country Booster Club)



Saturday, August 7, 2021
8:30 AM

Mount Joy, PA

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

Donegal Athletic Club along with the Donegal Cross Country Booster Club is pleased to announce the Annual Pride in the Tribe 5K Run. The Donegal Athletic Club is a grass roots organization which strives to foster and support the tradition of athletic excellence at Donegal High School and the surrounding communities through personal connection, community advocacy, and collaboration.

WHEN: Saturday, August 7, 2021
 7:30 a.m. – Registration begins
 8:30 a.m. – 5K Run begins
 9:30 a.m. – Award presentation at finish line

LOCATION / DIRECTIONS (STARTING POINT):

- Donegal School District campus
- Registration will be located in the parking lot of the Donegal High School Athletic Complex- 1025 Koser Road, Mount Joy, PA 17552

RACE DAY COURSE: Start and finish line outside the stadium entrance. Around the high school to Koser Road. South on Indian Way around the Junior High School, east on Koser Road to Pinkerton Road. Loop back on Koser Road around the Primary School driveway then back to the High School.

VIRTUAL COURSE: Sign up for our virtual option and you can run your own race, wherever you like between July 7 and August 7. 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, August 7 at 8:00 PM, to have your results included in the final results posted in Pretzelcitysports.com.

5k Entry Fee: \$25 if registered by July 12, 2021 to receive a Pride in the Tribe t-shirt. The fee for entries received after July 12, 2021, including Race Day, is \$30. T-shirts available while supplies last. Size requests will be honored to the best of our ability, but size may be substituted. Virtual race with shirt pick-up \$25 (pick up your shirt at packet pick-up (see below) or at race on race day). Virtual race with shirt shipped to your home \$30.

Optional Online Registration Available at
<https://www.pretzelcitysports.com/online-registration/>
 (Nominal service fee applies, closes midnight, August 4th)

Packet Pick-up: Thursday, August 5, 2021, between the hours of 5:00pm – 7:00pm at Donegal High School Athletic Stadium entrance

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: Contact Scott Madara - samadara8583@gmail.com

REGISTRATION: Pride in the Tribe 5K Run Complete this portion. Detach and mail. Include \$25 early registration fee by July 12, 2021. Checks payable to Donegal Athletic Club (indicate Pride in the Tribe 5k in the memo)

Name _____ Address _____
 City _____ State _____ Zip _____
 Gender: Male Female Age on Race Day _____ Event (circle one): 5K RUNNER 5K WALKER VIRTUAL shirt pick-up
 Phone _____ E-mail address _____

T-shirt size (circle one) Youth S M L Adult S M L XL XXL
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WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to the Donegal Athletic Club, Donegal School District, 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 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 Donegal Athletic Club (memo: Pride in the Tribe 5K) and mail to:
Donegal Athletic Club
P.O. Box #135
929 East Main Street
Mount Joy, PA. 17552