



2021

# SOLID ROCK

## 5K & FUN RUN



HELPING LOCAL YOUTH THRIVE FOR OVER 20 YEARS. FREE YOUTH PROGRAMS FOR K-12TH GRADE.



# SOLID ROCK 5K & FUN RUN

YOUR CHOICE: IN-PERSON OR VIRTUAL

**AUGUST 7TH • 9AM**



**ENOLA LOW GRADE TRAIL**

301 E State Street Quarryville, PA 17566

## COST

### Early Bird

April 2 - June 19

\$20 | Team members

\$25 | Individuals

\$10 | Fun Run

### Standard

June 20 - August 4

\$30 | Team members

\$35 | Individuals

\$10 | Fun Run

### Day of Registration

(no team registration)

\$40 | Individual

\$10 | Fun Run

### Virtual

\$30 | Shipping

\$25 | Pick Up

5K registration after July 20th  
does not guarantee a t-shirt.

## SCHEDULE

7:30 AM Registration  
& Packet Pick-Up

8:30 AM Kid's Fun Run

9:00 AM 5K Run/Walk

Awards Ceremony to follow

## TEAMS

Get some friends or coworkers  
together to get a deal!

*Teams must have at least 5 people.*

## FUN RUN

Fun Run is a short run open to those 12  
years and under *with obstacles*. Fun Run  
Finishers will receive a "goodie bag",  
finishers medal and a t-shirt!

## PACKET PICK-UP

Friday August 6th from 6 PM - 8 PM at  
Solid Rock, 34 E State St., Quarryville, PA  
17566. Day of pick-up begins at 7:30 AM

## PARKING

Parking is available at the trailhead.  
Additional parking is across the street, but  
will be limited. Carpooling is encouraged.

## AWARDS

First place M/F finishers will receive medal  
& prize. Top 3 M/F finishers in each age  
group will receive a medal. 14U, 15-19,  
20-29, 30-39, 40-49, 50-59, 60+

*Virtual race participants will not be eligible for  
prizes. Virtual participants will run or walk the  
distance when convenient. If participant wishes to  
have results posted on Pretzel City's website, time  
must be submitted on or before August 6th.*

## CONTACT

### Mary Price

Race Director

marymendenhall06@gmail.com

### Raeanne Nixon

Solid Rock Director

Raeanne.nixon@gmail.com

## REGISTRATION

Register online at  
pretzelcitysports.com or complete  
and mail in the paper registration.

### Make checks payable to:

Solid Rock Youth Ministries

### Mail completed and signed

registration form to:

Solid Rock Youth Ministries

34 E State Street, Quarryville, PA 17566

Online registration closes August 4th.

## EVENT NOTES

Race will be held rain or shine and  
in accordance with CDC  
guidelines. If necessary, the race  
will be modified to a virtual  
only race. No refunds.



**Solid Rock**  
Youth Ministries

Helping local youth thrive for over 20 years. Free youth programs for K-12th grade.  
34 E. State St, Quarryville, PA 17566 • (717) 786-8007 • solidrockyouthmin@gmail.com