

FREE Virtual Pajama

5K Run/Walk

Benefiting the Conner M. Holland Foundation

Starting Saturday June 5th @ 7:00 AM ending 7 PM June 6th

LOCATION: Anywhere in your neighborhood, local track, hiking trail...Get creative

COURSE: Anything you create! 5K = 3.12 miles. 3.12 miles = 12.5 laps around your local track. Only 16,473 ft.

Go to USA Track & Field's website, click on MapIt and create your own 5K course in your neighborhood, then go out run, walk, ride your bike, or shuffle it! Rain or shine

RESULTS: Complete 3.12 miles (5K), record your time (Send us a picture of yourself and/or watch) Your results must be sent to us by email at: Karly.kosek@pennmedicine.upenn.edu You must submit your time by Hr:Minute:Sec no later than Saturday JUNE 6th at 8:00 PM to have your effort be included in the final Virtual Race Results. Results will be posted to Pretzelcitysports.com by the end of the first work day following the race.

REASON TO PARTICIPATE: Because YOU CAN!! 100% of proceeds will be donated to the Conner Holland Foundation. It is a great way to safely come together as a community and get outside for exercise.

ENTRY: FREE! With suggested donation, As a thank you for your Donation, you will receive a discounted registration fee for the 2022 race

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

RACE DIRECTOR: Karly Musser, 610-442-7853 or email Karly.kosek@pennmedicine.upenn



In January of 2010, Conner Holland, the child of this organization's founders, was diagnosed with T-Cell ALL Leukemia. Conner persevered through the first 9-months of treatment, but at month 14 his cancer relapsed. Chemotherapy drugs that were meant to cure his cancer instead gave him a devastating brain injury that prevented doctors from pursuing any curative therapies. Conner passed away on September 4th, 2011.

The Conner M. Holland Foundation was formed out of this tragedy. They feel that it is unacceptable for families to suffer financial distress while dealing with the crushing weight of pediatric cancer. They provide care, support, and financial assistance to those who need it the most. To date they have been able to donate over 7,700 pair of pajamas to children in CHOP and Hershey Hospitals and have been able to give grants to families to help with living expenses while their children are undergoing treatment. To learn more about the Holland family's story, visit www.connerholland.com.

DONATIONS MAKE CHECK PAYABLE TO: The Connor M. Holland Foundation

MAIL CHECK & FORM BELOW TO: Karly Musser, 51 Peters Rd, Lititz, PA 17543 by June 4th, 2021.

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Circle one: 5K Sex: M F Race day age: _____ Phone: (____) _____

Email: (print clearly) _____

WAIVER: I know that running/walking a virtual 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 might be traffic on the course and assume the risk for running in traffic. I also assume any or 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 entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge The Connor M. Holland Foundation, Pretzel City Sports,, 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 Pretzel City Sports to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____

date ____/____/2021