

### Race Entry Form

Please return along with check to Freshburst Run  
@ Freshburst Run c/o PARDA  
400 W. Lincoln Ave., Lititz, PA 17543

First \_\_\_\_\_

Last \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Date of Birth \_\_\_/\_\_\_/\_\_\_ Age as of 10/23/21 \_\_\_

**Race Options** Circle One: In Person Virtual

**Type of Race** Circle One: 5 Mile Run 5K Walk

**Division** Circle One: Male Female

**T Shirt** Circle One: NO S M L XL XXL

**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 that risk. 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 effects of the weather and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and you 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 Freshburst Race and 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 whatsoever, 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 \_\_\_\_\_

### Directions

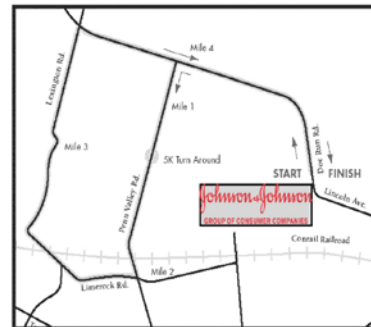
From North (Lebanon): Take 501 South, turn right on West Lincoln Avenue. J&J is approximately ¼ mile on the left.

From West (Harrisburg): Take 283 East to Manheim exit 772. At the end of the exit turn left onto 772 East. Continue to follow 772 for 10 miles. J&J will be on the right.

From South (Lancaster): Take 501 North. Proceed north approximately 7 miles from Route 30 interchange. One block past the intersection of 501 and 772 make a left at the traffic light onto West Lincoln Avenue. J&J is ¼ mile on the left.

From East (Reading): Take 222 South to Brownstown exit. Turn right at the exit onto route 772 West. Stay on route 772 West to the center of Lititz. Turn right onto 501 North. Turn left at the next light (one block) onto West Lincoln Avenue. J&J is approximately ¼ mile on the left.

Course Map



# 2021 Annual FRESHBURST 5 Mile Run / 5K Walk With Virtual Option!



Saturday  
October 23, 2021  
8:00 AM

Proudly sponsored by:



### In Person Race

Run/Walk begins at the Johnson & Johnson Lititz Plant; 7 miles North of Lancaster off Route 501 on October 23 at 8AM.

### Virtual Race

Run 5M or Walk 5K anytime between October 1 and October 22. Send an e-mail with the subject "Freshburst Virtual" with your name, distance, and time (11:22:33) to [nbenigno@its.jnj.com](mailto:nbenigno@its.jnj.com) no later than October 22 to be eligible for the raffle prizes.

### Give Away

All participants are eligible to receive a goodie bag filled with Johnson & Johnson product and local company give aways. Available while supplies last.

### Raffle Prizes

Prizes from local businesses will be drawn after the race. Virtual participants will be included in the drawing and will be notified via e-mail.

### In Person Awards

**5 Mile Run** Top 3 overall male and female finishers will receive:

1<sup>st</sup>: \$200 🏃 2<sup>nd</sup>: \$100 🏃 3<sup>rd</sup>: \$75

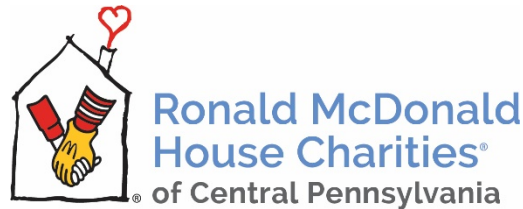
Age division awards will be given to the top 3 males and females in each age group listed.

12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

**5K Walk** First place overall will receive \$25. Awards will be given to the top 3 males and females.

### Our Charity for 2021

For the past 25 years, Johnson & Johnson has proudly hosted and sponsored the Freshburst 5K Walk/5M Run, raising thousands for select charities with each given year. For the 2021 Annual Freshburst race, we are proud that the charity benefiting from all of our efforts is the Ronald McDonald House® in Hershey.



Keeping families close™

RMHC Mission: To serve children and their families by providing compassionate and accessible support through programs and healthcare partnerships.

The Freshburst committee looks forward to another outstanding race benefiting an amazing local charity.

### Registration

Mail-in pre-registration form should be postmarked by October 6, 2021.

Online registration at [www.pretzelcitysports.com](http://www.pretzelcitysports.com) closes October 20, 2021 at midnight. (Nominal service fee applies)

### Pre-Registration Fees by October 6

- ❖ In person: \$25
- ❖ Virtual: \$20
- ❖ T-shirt: Additional \$5

### Post Entries after October 6

- ❖ In person: \$30
- ❖ Virtual: \$20
- ❖ T-shirt (FCFS day of):\$5

### Race Packets, Goodie Bags, & T-Shirts

Race Packets, Goodie Bags & T-Shirts will be available for pick-up Friday October 22 from 4:00PM to 6:00PM and on race day beginning at 6:30AM.

T-shirts for virtual participants will be shipped to the address listed in the registration.

For more information go to:

[www.pretzelcitysports.com](http://www.pretzelcitysports.com)

or email Natale:

[nbenigno@its.jnj.com](mailto:nbenigno@its.jnj.com)