



# and 1 Mile Fun Run/Walk

[www.lititz5kforlife.com](http://www.lititz5kforlife.com)

**\*\*\* In Person Event  
with Virtual Option**

**Saturday, October 16, 2021 at  
8:00am**

Thank you for joining us for the **Lititz 5K for Life**. We are running a virtual and in-person race this year. Runners and walkers of all ages are welcome to complete a 1 mile or 5K course, either on your own (virtual) or with us on October 16. Complete it with a baby in a stroller! Ride your mobility scooter! Make it a family affair! Some participants are serious runners while for others it's a social event. Either way, it's fun and supports women and families!

**IN-PERSON RACE INFO: Location:** 505 Woodcrest Ave., Lititz, PA 17543

**Registration Opens:** 6:45am and closes 7:45 for the **5k Race** to start at 8:00am. 1 Mile Fun Run/Walk starts at 8:30. 1 Mile Fun Run/Walk is for all ages and is an un-timed distance & does not include awards.

**In-Person Entry Fee:** 5k & 1 Mile Fun Run/Walk - 25.00 if registered by Oct. 3<sup>rd</sup>. Includes a Short-sleeve T-shirt. 35.00 after Oct. 3<sup>rd</sup> including day of race. T-shirts are available while supplies last.

**In-Person 5k Awards:** 1<sup>st</sup> Overall Male & Female plus top 3 male and female finishers in each age and gender category will receive a prize. Categories: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

**VIRTUAL 5k OPTION:** Complete 3.12 miles (5K) anywhere you would like.

Run or walk your 5k from now until 6:00 pm Saturday, October 16<sup>th</sup>

**Virtual Results:** Record your Virtual 5k time (even send us a picture of your watch face, and yours too!), and send us your results by 7:00 pm on **Oct. 16th** at [lititz5kforlife@gmail.com](mailto:lititz5kforlife@gmail.com) for posting on Pretzelcitysports.com. Be sure to include your full name, age, gender and your time in this format Hr:Min:Sec. Prizes and awards are not included for a Virtual 5k.

**Virtual 5k Entry Fee:** ENTRY with Shirt Pickup - 25 if registered by October 3<sup>rd</sup>. Includes a Short-sleeve T-shirt. After October 3<sup>rd</sup>, 30 with shirts available while supplies last. Shirts may be picked up at Saint James Catholic Church, 505 Woodcrest Ave., Lititz PA on October 16<sup>th</sup> between 9:00 & 11:00 AM. ENTRY with Shirt Delivered 30 if registered by October 3<sup>rd</sup> with T-Shirt guaranteed. After October 3<sup>rd</sup>, 35 with shirts available while supplies last.

**REGISTRATION for ALL EVENTS:** Complete this form to register or register online at [www.pretzelcitysports.com](http://www.pretzelcitysports.com).

Online Registration closes at midnight, Wed. October 13, 2021. A nominal service fee applies to online registration.

**RACE PROCEEDS BENEFIT:** A Woman's Concern, House of His Creation, and North Star Initiative

**Questions?** Contact Race Director Bob Lowe at [boblowe52@hotmail.com](mailto:boblowe52@hotmail.com).

**REGISTRATION FORM** For 5k and 1 Mile Fun Run/Walk complete this portion, detach, and mail. Please do not mail registration forms after Monday October 11, 2021.

Name \_\_\_\_\_

Address \_\_\_\_\_

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

E-mail \_\_\_\_\_ Date of Birth \_\_\_\_\_

Race Day: Age \_\_\_\_ Male \_\_\_\_ Female \_\_\_\_ Event (circle one) 5K Runner 5K Walker 1 mile Fun Run/Walk Virtual 5k

<b>Adult T-shirt Size</b> (circle one)	
<b>S</b>	<b>M L XL XXL</b>
<b>Virtual Race</b> ____	<b>Pick Up</b>
<b>Virtual Race</b> ____	<b>Delivery</b>

**RELEASE FORM (Mandatory):** I understand that participating in this event is potentially hazardous, and that I will not enter and participate unless I am medically able and trained properly. I assume full and complete responsibility for any injury or accident which may occur while I am traveling to, from, or while participating in this event, including but not limited to falls, contact with other participants, and effects of weather, traffic, and conditions of the road. On behalf of myself, my heirs, executors, administrators, successors, and assigns, I hereby waive and release all rights and claims for damages which I may have against you or your assigns, the municipalities in which the event occurs, or anyone connected with the event, their heirs, executors, administrators, successors, and assigns, for any and all injuries or illnesses which I may suffer as a result of taking part in the event. I grant permission to all of the foregoing to use my photographs, pictures, recordings, or any other record of this event for any legitimate purpose. Signature of

Entrant \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_  
(IF UNDER 18 YEARS OF AGE)

Please make checks payable to: "St. James Church" and mail to St. James Church c/o 5K for Life 505 Woodcrest Avenue, Lititz, PA 17543