

2nd Annual

RUN FOR CLEAN WATER KENYA

7 Mile and 5k Walk-Run

Including Virtual Option



Saturday, August 27th at 7:30 AM

EACH RACE REGISTRATION PROVIDES

5 YEARS OF CLEAN WATER FOR A FAMILY OF 6!

ENTRY: 7-Miler and 5K Walk/Run: \$35 if registered by Saturday, August 13, 2022, includes a guaranteed t-shirt and race kit. After August 13th, including Race Day reg. is \$40 (t-shirt included while supplies last).

Online Registration ONLY at www.pretzelcitysports.com

(Normal processing fee applies, closes at midnight on August 24th).

Day of Race Registration will be accepted

RACE LOCATION / DAY OF RACE REGISTRATION: Center Square, Main Street, Waynesboro, PA 17268. 7-Miler starts at 7:30AM and 5K Walk/Run starts at 8:00AM. Race-Day Registration opens at 6:30AM and closes at 7:30AM on the Center Square, Main Street, Waynesboro, PA 17268. **EARLY PACKET PICK UP ENCOURAGED:** Thursday, August 25th and Friday, August 26th 4:00PM-7:00PM at Waynesboro YMCA, 810 E. Main Street, Waynesboro, PA 17268. Signs will direct you to packet pick-up location and parking at the YMCA. Is available.

RACE DAY “Live” COURSE: City streets, park areas and trails with packed gravel, grass along a measured course. Clock at finish, refreshments, instant results. Rain or shine. No refunds or mailed awards.

PARTICULARS: Race registration limited to 500 participants. Social distancing and mask-wearing encouraged when not running. All proceeds benefit Clean Water Kenya www.cleanwaterkenya.com and support of the race. Awards for the top 3 male and female finishers plus: top 3 male and female finishers in age groups: 12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. Awards are not given in the Virtual Event.

Karanga Challenge: 7-Mile Registrants only: \$40. We use a full jug of water to simulate what it is like for a child or adult to retrieve water from a distance from their village. It could take 4-6 hours for someone to retrieve a jerry can of water

(about 5 gallons). The jug would be picked up at the 3.5 Mile point and carried to the finish line. It will be a jug of Spring or Sterile water unopened for the race participant to keep. Racers who participate in the challenge will get a challenge medal in addition to the race medal.

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VIRTUAL OPTION ALSO AVAILABLE - Not comfortable racing in person yet? Sign up for our virtual option and you can run your own race wherever you like. You will still get a t-shirt and **you can help support our efforts to provide "Clean Water"** Virtual racers will not be eligible for awards. Virtual race registration with shirt pick-up is \$25, and virtual race registration with shirt shipped to your home is \$30. You can pick up your shirt Thursday, August 25th or Friday, August 26th from 4:00PM-7:00PM at Waynesboro YMCA, 801 Main St., Waynesboro, PA 17268.



Clean Water Kenya provides rural Maasai & Kampo Villages in the Great Rift Valley & northeast Kenya simple, easy-to-maintain portable water filtration systems that cleanse the local drinking water of the bacteria that causes typhoid, cholera, amoebic, dysentery, salmonella, E. coli, botulism, giardia, cryptosporidium, & other pathogens that are deadly to the Maasai. We also provide an educational program that focuses on water hygiene, waste management, & sanitation.

Any questions/concerns? Please contact: RACE DIRECTOR: Jeff Rock, 717-387-1746 or email at jeffrock60@yahoo.com more info at www.cleanwaterkenya.com