

THE COCALICO HIGH SCHOOL LEO CLUB PRESENTS THE 9TH ANNUAL

5K FOR JOHNNIE K

SUNDAY, MAY 22, 2022 11:00 AM
BENEFITS LOCAL FAMILIES BATTLING CANCER

LOCATION: IronSpire Complex (formerly Stoudt's Black Angus) Route 272, Adamstown, PA 19501

REGISTRATION: Day of Registration and number Pickup opens at 10:00 AM

5K run starts at 11am

1.5 mile walk around Stoudburg Village begins at the same time

COURSE: Open course with support from local fire police; hills (what goes up, must come down!), and some nice flats.
Clock at finish, refreshments, instant results. Rain or shine. Nor refunds or mailed awards.

PLEASE JOIN US POST-RACE FOR FOOD AND DRINKS TO CELEBRATE OUR FAMILIES! A PERCENTAGE OF THE SALES OF FOOD AND BEVERAGES WILL BE DONATED TO OUR FAMILIES, COURTESY OF COLUMBIA KETTLEWORKS!

AWARDS: 5K: Overall Male and Female Winners: Plus top 3 Male & Female in the following age group 14 & Under 15-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70-Awesome! 1st place in Age Group receives a specialized pint glass. Ribbons to 2nd & 3rd place.

ENTRY: 5K and Walk: \$25 if postmarked by Monday, May 2, 2022 incl. guaranteed t-shirt. Afterwards, including race day, \$25 does NOT include t-shirt.

OPTIONAL ONLINE REGISTRATION: available at www.pretzelcitysports.com
(Nominal processing fee applies, closes at midnight, the Wednesday of race week).

Race Director: Lynn Keene-Parmer (Cocalico High School). 717-336-1423; email lynn.keene@cocalico.org
find more information on our Facebook page: 5K for Johnnie K

Make checks payable to: COCALICO LEO CLUB

Mail check and form to:

Cocalico High School, c/o Cocalico LEO Club, 810 S. 4th St., Denver, PA 17517

Last Name: _____ First Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Circle one: 5K 1mile walk Sex: M F Race Day Age: _____ Birthdate: __ \ __ \ _____

Phone: _____ T-shirt size: (circle) YS YM YL S M L XL 2XL

Email (print clearly): _____

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 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 Cocalico High School LEO Club, Pretzel City Sports, any subcontractors & facilities 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 ____ / ____ / 2022