

## Age Group & Awards

Prizes awarded to Overall Male & Female Winner and Top Two Male & Female in each age group:

<u>Male</u>	<u>Female</u>
14 & Under	14 & Under
15-19	15-19
20-24	20-24
25-29	25-29
30-34	30-34
35-39	35-39
40-49	40-49
50-59	50-59
60-69	60-69
70 & Over	70 & Over

### ***Ephrata Rec Center's Mission Statement:***

*"To improve the quality of life by providing wholesome, affordable recreation opportunities to the citizens of the Ephrata area"*

# SAVE THE DATE...



What's better than one race?  
How about three?  
Sign Up and Win Big in  
Rec Centers of Lancaster  
County's 5K Race Series  
Register at [active.com](http://active.com)!



**4th Annual**  
ephrata recCenter  
**Memorial Day 5K**  
Monday, May 30  
8:00 a.m.

130 S. Academy Dr. Ephrata  
717-738-1167  
[ephratarec.com](http://ephratarec.com)

# 4th Annual Ephrata Rec

# Memorial Day 5K

## Monday, May 30 8:00 a.m.

**Must register by May 11 to receive Race T-Shirt!**

Race Registration	\$\$	Deadline
Pre-Registration	\$25	Mon. May 11
After May 11/Day of	\$30	Registration opens 7:00 a.m. day of race

### Memorial Day 5K FAQs

- Pre-Race packet pick-up: Sun. May 29 12:00 pm - 2:00 pm
- Race Day Registration begins at 7:00 am at the Rec Center
- Race Location: starts on EASD Track
- Prizes will not be mailed
- All the proceeds go towards Ephrata Rec Center Youth Programs
- Contact Maria Rotella at 717-738-1167 x106 for additional info.

**Timing By Pretzel City Sports**

**Checks payable to Ephrata Rec Center  
Return to: Ephrata Rec Ctr.  
130 South Academy Dr.  
Ephrata, PA 17522  
Attn: Maria Rotella  
Pre-Register at the Rec or online at ephratarec.com or pretzelcitysports.com**

### Memorial Day 5K Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

DOB: \_\_\_\_\_ Phone: \_\_\_\_\_

Gender: M or F Age on Race Day: \_\_\_\_\_

**MUST REGISTER BY MAY 11, 2022 TO RECEIVE SHIRT**

T-shirt Size (Circle One) S M L XL XXL

In consideration of the acceptance of this entry, I, the undersigned, intending to be legal bound hereby, for myself, my heirs, executors, administrators and personal representatives, hereby waive and release any and all rights and claims for damages, illness, injuries or losses which I have or which may occur to me against all race officials and organizations conducting or involved in this event including, but not limited to, the Ephrata Recreation Center, the Ephrata Church of the Brethren, the Ephrata Area School District and/or the Borough of Ephrata, their officers, directors, employees, representatives, successors, volunteers and assignees, that may result from my participation in this event. Further, I hereby grant full permission to the aforementioned person and organizations to use my name and/or picture in any newspaper, photography, video tape, motion picture, recording or any other account of this event for any purpose whatsoever. I understand the registration fee is non-refundable.

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Signature of legal Guardian required if under 18 years of age.