

Miles 4 Mental Health 5K and ¼ Mile Kids' "Spartan" Fun Run

Saturday, May 21, 2022 / 9:00 a.m.



Location: Solanco High School, 585 Solanco Road, Quarryville, PA 17566.

Registration/number pickup opens at 8:00 a.m. (or pick up packet at New Hope Counseling Center, 248A Maple Avenue, Quarryville, on Friday, May 20 between 10 a.m. and 2 p.m.). 5K begins at 9:00 a.m.;

¼ mile Kids' "Spartan" Fun Run for kids ages 10 and under begins at 9:45 a.m. on the high school track.

5k Course: Mostly flat course on lightly traveled country roads, finishing on the high school track

5k Awards: 1st Overall Male & Female plus top 3 M & F in 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.; Awards are not included for ¼ mile Kids' "Spartan" Fun Run

Entry: 5K: \$25 by May 7, 2022, includes a guaranteed t-shirt. \$30 after May 7, up to and including race day – shirts available while supplies last. Kids' Run \$10 up to and including race day - shirt is not included.

Optional Online Registration available at www.pretzelcitysports.com
(nominal processing fee applies, closes at midnight, May 18)

Directions from the north: Take 222 south to and through Quarryville. Solanco High School, on Solanco Road is on the right approximately 2.4 miles south of Quarryville on 222.

Directions from the south: Follow 222 north. Upon reaching Wakefield and the split with 272 north, bear right and stay on 222. From Wakefield, Solanco High School, on Solanco Road, is on the left approximately 7.8 miles north.

Race Director: Deb Riddell, 717-786-2802 or email me at director@newhopeministry.info.

More information at www.newhopeministry.info.

Make Check Payable to New Hope Community Life Ministry

Mail check and form to: New Hope Community Life Ministry, 248A Maple Avenue, Quarryville, PA 17566

Last Name _____ First Name _____

Address _____ City _____ State _____ Zip _____

Circle One: 5K Fun Run Sex: M F Race Day Age: _____ Date of Birth: _____

Shirt size: (circle one) S M L XL Phone: _____ - _____ - _____

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 effects 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 Pretzel City Sports, New Hope Community Life Ministry, 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. I HAVE READ AND UNDERSTAND THIS WAIVER (if under 18, legal guardian must sign).

Signature _____ Date _____