



# JAN'S DAISY DASH

## Ninth Annual 5K Run/Walk

**Saturday, October 8th, 2022 - 9:00 AM**  
Cocalico High School Stadium – Denver, PA

Proceeds from this race will benefit **Jan's Circle of Friends**, which provides assistance to children in the community affected by domestic violence or parental loss. Jan's Circle of Friends is a registered 501-C (3) non-profit organization.

**WHO:** Runners/walkers of all ages; course is stroller and wheelchair accessible.

**WHERE:** Cocalico High School Stadium / 650 S. 6<sup>th</sup> Street– Denver, PA 17517. (Registration located on the stadium track. Enter at Elementary School by the tennis courts.)

**HOW:** To register, complete the form below and submit with payment to Jan's Circle of Friends OR **register online** at [janscircleoffriends.org](http://janscircleoffriends.org) or [PretzelCitySports.com](http://PretzelCitySports.com)

**\*Early registration fee of \$25 must be post marked by September 23<sup>rd</sup>. All pre-registrants are guaranteed event T-Shirt. Entry fee is \$30 if received after Sept. 23<sup>rd</sup> or on race day. T-shirts while supplies last.**

**WHEN:** Saturday, October 8th, 2022

8:00 – Registration Begins

9:00 – 5K Run/Walk Begins

10:00 – Award Presentation at track

**RESULTS:** Finish line and timing service by Pretzel City Sports. Race results posted on [PretzelCitySports.com](http://PretzelCitySports.com)

**COURSE MAP:** [www.janscircleoffriends.org](http://www.janscircleoffriends.org)

**AWARDS:** Overall Male & Female – Medal & Prize

Medals presented to top Male & Female finishers in designated age brackets: 14 & under, 15-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70+ years

*Please contact R. Donahue at [beckyjoe@ptd.net](mailto:beckyjoe@ptd.net) with any questions or concerns.*

### REGISTRATION

Detach and return this form with a check made payable to **Jan's Circle of Friends**. Early registration fee of **\$25 MUST BE POST MARKED BY Sept 23<sup>rd</sup>, 2022**. Registration received after 09/23 is \$30.

Please complete and mail to:

Jan's Circle of Friends c/o Tia Stauffer, 149 Ebersole Rd. Ephrata, PA 17522

Name: \_\_\_\_\_ E-mail: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Age (on race day): \_\_\_\_\_ Male/Female \_\_\_\_\_

Adult: S M L XL XXL

**WAIVER/RELEASE:** I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to Jan's Circle of Friends, Cocalico School District, the Borough of Denver, the Township of West Cocalico and those in their employ, the Counties of Lancaster, and all their representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running in this event including, but not limited to: falls; contact with other participants; the effects of the weather, including high heat and/or humidity; and the condition of the road; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event.

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