

# Entry Form

## Check payable to Lititz recCenter

Mail to: Lititz recCenter c/o Tracie

301 West Maple Street

Lititz, PA 17543

or register @ [www.lititzrec.com](http://www.lititzrec.com)



Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip Code \_\_\_\_\_ Date of Birth: \_\_\_\_\_

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

Phone #: \_\_\_\_\_

Age as of Sept 17, 2022: \_\_\_\_\_

Circle Division:    Male        Female

Registration: Pre-Reg. by 9/08    Post-Reg. 9/09-9/16

5K Run    \$20.00    \$25.00

5K Walk    \$20.00    \$25.00

Total: \$ \_\_\_\_\_

Team Name (if applicable): \_\_\_\_\_

Circle Adult T-shirt size:    SM    MD    LG    XL    XXL

Circle Kids T-shirt size:        YM    YL    AS

*\*Registration by 9/08 guarantees receipt of tech shirt .  
(after 9/08 while supplies last)\**

## Release Form (Mandatory)

In consideration of my participation in the Lititz recCenter Pretzel Twist Run, I hereby for myself, my administrators, heirs and assigns issue and release all claims for damage against the organizers of this event. I further state that I am in proper physical condition to participate in the event. I also permit the use of the aforementioned person's name and/or picture in media format for promotional purposes by the organizers.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_

 lititz recCenter  
301 W. Maple St.  
Lititz, PA 17543

# 45th Annual Pretzel Twist

**Saturday,  
September 17, 2022**

**8:00 am**

**5K Run/Walk—New  
Course!**

***Team Challenges!***



**Kids Mile Run**

**@ 7:45 am**

  
lititz  
recCenter

# Information

## Race Information

The Pretzel Twist 5k begins and ends at the Lititz Springs Pool. Showers & restrooms are available. Proceeds benefit the Youth Programs and Activities at the Lititz recCenter. Goodie bags will be provided to each racer and must be picked up on morning of race. All participants will receive free refreshments after the race.

## Awards for 5k Run

Awarded to the top overall male & female runners

- 1st place - \$100.00
- 2nd place - \$75.00
- 3rd place - \$50.00

Master's (40 & over) 1st place - \$50.00  
*\*No duplication of awards*

Age division awards will be given to the top 3 male & female runners in each age group below.

14 & under	35-39	55-59
15-19	40-44	60-64
20-24	45-49	65-69
25-29	50-54	70+
30-34		

No awards will be given for the walk.

## Registration

Registration must be post-marked by September 08, 2022 to guarantee receipt of tech-shirt. (After date, while supplies last.)

Register online at [www.lititzrec.com](http://www.lititzrec.com) or mail in form.



**Team Challenge** - Register your team of at least 4 runners to compete in the Pretzel Twist Team Challenge. Prizes awarded to top all male, top all female, and top mixed teams (2 men & 2 women). Cross Country scoring will be used for the first 4 finishers of each team in each category.



**Corporate Team Challenge**- Register you team of runners. Team with the most registration will win a prize. Teams with more 10 participants can receive registration discount. Contact Ron Stief [ronstief@lititzrec.com](mailto:ronstief@lititzrec.com) or 717-626-5096 ext. 229 for details.

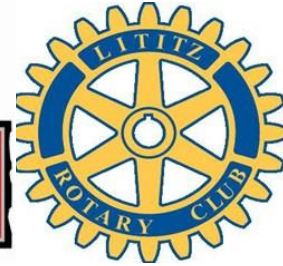
## **Race Day Registration 7AM-7:45AM**

**September 17, 2022**  
*Race starts at 8:00am (Kids run starts at 7:45am)*

Parking at the Lititz recCenter  
Over flow at Warwick High & Middle School

# Sponsors

## **Thanks to our Main Sponsors!**



## **In Memory**

This race is in memory of Phares "Red" Wilson. Red started the Pretzel Twist 44 years ago to bring runners of the community together and to help the Lititz recCenter. All proceeds benefit the Youth Programs and Activities at the Lititz recCenter.

## **Honorary Chairman**

State Representative Steven Mentzer

