

Ephrata Strength and Conditioning Presents First Ever:

Run For Amanda 6.5k Race

& Half Mile Kids Fun Run/ Walk

Saturday August 27th, 2022 7:00 A.M

"Fundraising Event for Vargas Family"

LOCATION: 227 Wood Corner Road, Lititz PA 17543. Regist./ number pickup opens at 6:00 a.m. 6.5k starts at 7:00 a.m., Half Mile Kids Fun Race at 7:30

COURSE: Beautiful Pennsylvania countryside. Very flat course, one hill towards end.

Clock at finish, refreshments, mile splits, instant results. Rain or shine. No refunds or mailed awards.

AWARDS: Grab Bags for Top Male Finisher and Top Female Finisher.

ENTRY: Online Registration available at www.pretzelcitysports.com

(Nominal processing fee applies, closes at midnight, the Wed. of race week)

Mail in Registration: Make check payable to "Ephrata Strength and Conditioning" at 150 West Mount Airy Road, Stevens Pa 17578.

FEE: 6.5k Race = \$25 until 8/10, \$35 after 8/10. Shirt guaranteed if registered by 8/10. After that as supplies last.

Fun Run = \$10. Shirt not included.

RACE DIRECTOR: Brandt Zimmerman, 717-672-4673, Brandtz24@hotmail.com, www.ephratastrengthandconditioning.net

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Circle one: 6.5K or Half mile Sex: M F Race day age: _____ Date of birth ____/____/____

Shirt Size (circle one) : S M L XL Phone: (____) _____ A.M. or P.M.??
circle one or both

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 Pretzel City Sports, Ephrata Strength and Conditioning and Clay Township, any subcontractors 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 ____/____/ 20__