

KISSES FOR EB PRESENTS THE 7TH ANNUAL

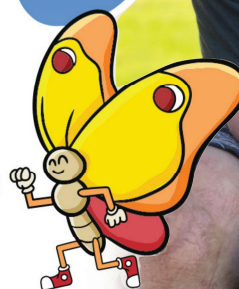
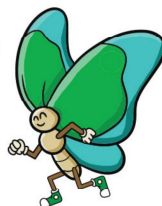
Butterfly

5K & 10K

TRAIL RUN/WALK

SATURDAY - APRIL 22, 2023

9:00 AM
LANCASTER COUNTY
PARK SCENIC TRAILS



LOCATION: 1050 Rockford Rd. Lancaster, PA • Pavilion #2 • Packet pickup opens at 7:30am
5k Run/Walk and 10k Run starts at 9:00am, 1 Mile Fun Run for all ages at 9:20am

COURSE: Mostly trails, hills & some road, a very challenging course but also rewarding.
Clock at finish, refreshments, instant results. Rain or shine. No refunds.

AWARDS: 5k Run/Walk and 10k Run (timed): 1st overall Male & Female plus top 3M & 3F in the following age groups;
19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

ENTRY: 5k Run/Walk and 10k Run: \$30 if postmarked by April 1st \$40 after April 1st
race day shirts available while supplies last. 1 Mile Trail Run (not timed): \$12 if postmarked by April 9th. \$15 afterwards,
including race day. Shirts are not included due to reduced fee. Shirts may be available day of the
race for a fee.

Optional Online Registration available at www.pretzelcitysports.com

(Nominal processing fee applies, closes at midnight, Wednesday, April 19th of race week)

DIRECTIONS: Turn into Lancaster County Central Park off of Chesapeake St and follow signs for parking

RACE DIRECTOR: Dana Cedeno (717) 925-0571 (txt is best) or email at kissesforeb@gmail.com for more info.



MAKE CHECK PAYABLE TO "KISSES FOR EB"

MAIL CHECK & FORM BELOW TO: KISSES FOR EB, 209 RUN VALLEY RD, CONESTOGA, PA 17516



LAST NAME _____ FIRST NAME _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

CIRCLE ONE: 10K RUN 5K RUN/WALK 1 MILE TRAIL FUN RUN SEX: M F RACE DAY AGE: _____

DATE OF BIRTH: ____/____/____ SHIRT SIZE (CIRCLE ONE): S M L XL 2XL

PHONE: (____) _____ AM OR PM? EMAIL (PRINT CLEARLY): _____
(CIRCLE ONE OR BOTH)

THE WORST DISEASE YOU'VE NEVER HEARD OF....



Zach Myers, recently lost this battle with EB.
York County Pennsylvania



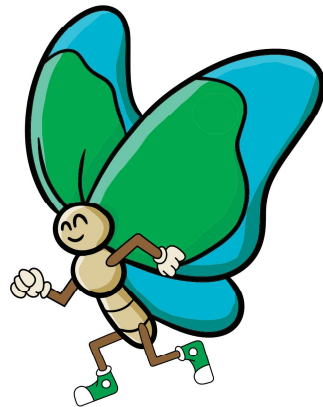
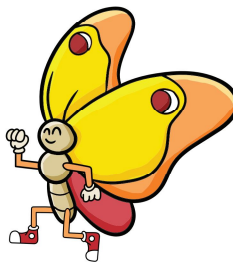
Tasha Starkey of Ohio recently lost her battle with EB.



Kiba Cedeno was born with EB. Lancaster County, Pennsylvania

Epidermolysis Bullosa, or EB, is a very rare genetic connective tissue disorder that affects 1 child out of every 20,000 births (that means about 200 children a year are born with EB). EB is a group of disorders that share a prominent manifestation of extremely fragile skin that blisters and tears from friction or trauma. Internal organs and bodily systems can also be seriously affected by EB.

As of today, there is NO cure or treatment. Daily wound care, pain management and protective bandaging are the only options. Kisses for EB is a non-profit to spread Awareness of this horrible disease and bring assistance to those who endure it.



Already getting Pretzel City emails regularly? _____ YES _____ NO

WAIVER: I know that running a road/trail 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/trails, all such risks being known 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, and Kisses for EB, and 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 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 whatsoever, 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 _____

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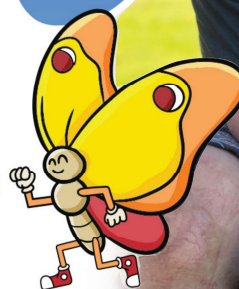
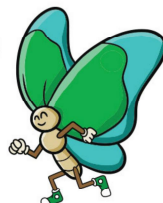
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ENTRY: 5k Run/Walk and 10k Run: \$25 if postmarked by April 9th guaranteed a t-shirt. \$30 after April 9th including race day, shirts while supplies last. 1 Mile Trail Run (not timed): \$10 if postmarked by April 9th. \$13 afterwards, including race day. Shirts are not included due to reduced fee. Shirts may be available day of the race for a fee.

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