



Salisbury Elementary PTC

5K RUN/WALK & 1 MILE KIDS' FUN RUN

Presented by the Salisbury Elementary School PTC/Faculty/Staff
Sat, April 22, 2023 - 8 AM - Gap, PA



LOCATION/REGISTRATION: Starts at Salisbury Elementary School, 422 School Lane Road, Gap;
Registration/number pickup at school opens at 6:45 AM. 5KRun/Walk at 8:00 AM, Kids' Run approx. 9:00 am.

COURSE: Come run this beautiful gently rolling Amish farm country course. Take in the views of beautiful pastoral scenery as you race towards your PR! Roads will be closed so you can focus on your running.

AMENITIES: T-shirt and swag bag guaranteed if registered for the 5K/Fun Run by April 1st. After that date including race day, swag bag & T-shirts (as supplies last) and swag bag on race day. Refreshments available, indoor toilet facilities, school parking, time clock at finish and instant results. Held rain or shine. No refunds or mailed awards. Results on www.pretzelcitysports.com in 1-2 days.

AWARDS: Prizes for the Overall Male & Female winners plus: Medals for: Top 3 M&F ages: 13 & Under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. All kids' fun run participants receive medals.

ENTRY: For 5K & Fun Run: \$25 if postmarked by April 1, 2023 (includes t-shirt and swag bag). Afterwards, including day of race, \$30 (includes swag bag, t-shirt: as supplies last). For kids' run, (12 & under) \$25 if postmarked by April 1 (includes t-shirt and swag bag). Afterwards, including day of race, \$30 (includes swag bag, t-shirt: as supplies last). All profits support the students of Salisbury Elementary School, (12 & under).

Optional Online Registration Available at <https://www.pretzelcitysports.com/online-registration/>
(Nominal service fee applies, closes at midnight, the Wednesday before race day)

GENERAL DIRECTIONS FOR ALL:

From Lancaster: 340 E/Old Philadelphia Pike, Turn right onto School Lane Rd, Turn right at Buena Vista Rd/T487

From Chester County: Get on US-30 W in Coatesville from Heston Rd, Butterworth Rd and PA-82 N, Turn right onto Hoffmeier Rd/T946, Continue onto PA-897 N, Turn left onto School Ln, Continue onto Buena Vista Rd/T487

CHECK PAYABLE TO "Salisbury Elementary PTC" & MAIL CHECK & FORM BELOW TO

Salisbury Elementary PTC, 422 School Lane Road, Gap PA 17527.

RACE DIRECTOR: Lis Martin 717-442-8268, lis_martin@pequeavalley.org

.....Please Print Clearly.....

Last name _____ First name _____

Address _____

City/State _____ Zip _____ Race day age: _____ Date of birth ____/____/____

Race (circle one): 5K Fun Run Sex: M F Phone: (____) _____ A.M. or P.M.??

Shirt Size (circle one): YS YM YL / S M L XL email _____@_____

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 of 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, **Salisbury Elementary School PTC** 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 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 whatsoever 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. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____ date ____/____/ 20____