

Battle of the Branches



5k Trail Run / Walk Saturday, June 10, 2023, 9:00 A.M

Lancaster County Park Scenic Trails

LOCATION: 1050 Rockford Rd., Lancaster, PA – Pavilion #2. Packet pickup begins at 7:30 am
5K Trail Run / Walk starts at 9:00am, 1 Mile Fun Run for all ages starts at 9:20 am

COURSE: Mostly trails, hills and one road crossing. Clock at finish, refreshments, instant results. Rain or shine.
No refunds or mailed awards.

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

ENTRY: 5k Trail Run / Walk: \$35 if postmarked by May 20th, \$40 after May 20th.
Race day shirts available while supplies last.

1 Mile Trail Run (not timed): \$15 if postmarked by May 27th, \$18 afterwards, including race day.
Shirts are not included in the 1-Mile Trail Run due to the reduced fee.

VIRTUAL OPTION ALSO AVAILABLE: Not comfortable racing in person? Sign up for our virtual option and you can run your own race wherever you like, while still supporting our mission! Virtual racers are not eligible for awards. Virtual race with shirt pick-up \$25, virtual race with shirt shipped to your home \$30. T-shirt for Virtual participants guaranteed with registration, until May 20th. No shirt provided for virtual participant registrants after May 20th.

Optional Online Registration available at www.pretzelcitysports.com
(Nominal processing fee applies, closes at midnight, Wednesday, June 7th)

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

RACE DIRECTOR: Lisa Colon 717-286-8650 (text) or email at president.pa202@bluestarmothers.us for more information.

Visit us on the web: www.redrosebluestarmoms.org

Sponsorship opportunities available!

MAKE CHECK PAYABLE TO “Red Rose Blue Star Moms, PA202”

MAIL CHECK& FORM BELOW TO: Red Rose Blue Star Moms, PA202, 441 N. Prince St., Lancaster, PA 17603

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Circle one: 5K 1M VIRTUAL Sex: M F Race Day age: _____

Date of birth: ____/____/____ Shirt Size (circle one): S M L XL 2XL

Phone: (____) _____ A.M. or P.M.? Email: (print clearly) _____

Waiver on back must be signed to participate.



The local chapter of the National Blue Star Mothers of America, Inc., the Red Rose Blue Star Moms, PA202, is located in Lancaster, Pennsylvania, commonly referred to as the Red Rose. We have sons and daughters representing all branches of the military. We were founded to offer a support system to our Veterans, our local military families, and their service members. For more information on our mission locally or nationally, please visit our website at www.redrosebluestarmoms.org



*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, **Red Rose Blue Star Moms, PA202**, 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 or 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 _____