



JAN'S DAISY DASH

10th Annual 5K Run/Walk

Saturday, October 7th, 2023 - 9:00 AM

Cocalico High School Stadium – Denver PA



Proceeds from this race will benefit Jan's Circle of Friends: assisting children in the community affected by domestic violence or parental loss. Jan's Circle of Friends is a registered 501-C(3) non-profit organization.

WHO: Runners/walkers of all ages; the course is stroller and wheelchair accessible.

WHERE: Cocalico High School Stadium behind Denver Elementary located at 700 S. 4th Street, Denver PA 17517. Registration is located at the stadium entrance by the tennis courts.

PAPER REGISTRATION: Complete, and detach the form below, and submit it with payment to **Jan's Circle of Friends**.

REGISTER ONLINE:

⇒ www.janscircleoffriends.org

⇒ www.PretzelCitySports.com

COST: Early registration is \$25 if postmarked by 9/11/23. All pre-registrants are guaranteed a T-shirt. Registration fee is \$30 if postmarked after 9/11/23 or on race day. T-shirts while supplies last.

WHEN: Saturday, October 7, 2023

8:00 AM – Registration begins

9:00 AM – 5K Run/Walk begins

10:00 AM – Award Presentation at the track

RESULTS: Finish line and timing service by Pretzel City Sports. Race results posted on www.PretzelCitySports.com

COURSE MAP: www.janscircleoffriends.org

AWARDS: Overall Male & Female – Medal & Prize. Medals are presented to top male & female finishers in age brackets: 14 & under, 15-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70+ years.

Please contact Gwen Mckinney at gmckinney718@gmail.com with any questions.

REGISTRATION

Complete, detach, and return with a check made payable to **Jan's Circle of Friends**.

Early Registration \$25 **POSTMARKED BY SEPTEMBER 11, 2023.**

Registration \$30 **POSTMARKED AFTER SEPTEMBER 12, 2023.**

Mail to: Jan's Circle of Friends c/o Gwen Mckinney, 532 Gehman School Road, Denver PA 17517

Name: _____ **Email:** _____

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

Age (on race day): _____

Male/Female (circle one)

Adult T-shirt Size: XS S M L XL XXL (circle one)

Signature: _____ **Date:** _____

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, and any and all sponsors including, but not limited to Jan's Circle of Friends, Cocalico School District, the Borough of Denver, the Township of West Cocalico and those they employ, the Counties of Lancaster, and all their representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running in this event including, but not limited to: falls; contact with other participants; the effects of the weather, including high heat and/or humidity; and the condition of the road; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and/or pictures in legitimate accounts and promotions of this event.