



5K RUN & FUN RUN

START FROM LEBANON AREA EVANGELICAL FREE CHURCH

SATURDAY, AUGUST 26TH

THE 5K RUN BENEFITS THE IMPROVEMENT AND EXPANSION PROJECT FOR THE PLAYGROUND/PAVILION AREA AT LAEFC

5K AWARDS & PRIZES

Medal to Top 3 Overall Male & Female. Medals to Top 3 in each Age Group (excludes 3 overall male & female)

9 & under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80&Up

LAEFC
5K RUN & FUN RUN
 600 Shepherd St,
 Jonestown PA 17038

Saturday, August 26, 2023

Timing by Pretzel City Sports
Rain or Shine Event

Questions?
Contact: Michelle
dastokrps@comcast.net

Please tear here and return registration form & waiver to us

LAEFC 5K REGISTRATION FORM

Optional online registration available at
www.pretzelcitysports.com
Online registration closes at midnight
on 8/22/23

Participant's Information:

Last Name: _____
First Name : _____

() Male () Female

Date of Birth: _____ Age on Race Day: ____
Address: _____
City: _____ State: _____
Zip: _____ Phone: _____
Email: _____

5K Fun Run (Free)

Register by 8/12/23 and choose your
shirt size: (not applicable for Fun Run)

Adult S Adult M Adult L
 Adult XL Adult 2XL Adult 3XL

Child S (6-8) Child M (10-12)
 Child L (14-16)

Payment Information

Total race registration fees: _____
Total enclosed: _____

**Please mail completed form
w/payment to:** (checks payable to: LAEFC
c/o 5K Fundraiser)

Address:
LAEFC
600 Shepherd St
Jonestown, PA 17038

Event Schedule:

Location:
Lebanon Area Evangelical Free Church

7:15-7:45am : Registration & Check-In
8:30am : 5K Run/Walk
9:00am : 1 mile Fun Run/Walk
10:00am : Awards

Race Terrain:

5K race will start at the church parking lot with
varying terrain: grass, blacktop, and gravel; small
inclines.

Fun Run terrain will be grass and blacktop.

Waiver: In consideration of acceptance of this
entry, I waive any and all claims for my heir and
myself against officials, sponsors, Townships and
the Lebanon Area Evangelical Free Church for any
injury or illness, which may directly or indirectly
result from my participation in the 2023 LAEFC 5K
Run & Fun Run. I further state that I am in proper
physical condition to participate in this event.

Signature _____
(Parent/Guardian if under 18 years old)

Cost Information

Registration Deadline: By 8/12/23 Adults,
Seniors and Children \$40 (includes t-shirt)

Late Registration Deadline: After 8/12/23 \$40
w/no t-shirt

***Fun Run/Walk:** Free (registration required)
No shirt/ All ages welcome