

Ephrata Strength and Conditioning Presents the Second Annual

Run For Amanda 6.85K Race

& Half Mile All-Ages Fun Run/ Walk

Saturday September 9th, 2023 8:00 A.M

“Fundraising Event for Vargas Family”

NEW FOR 2023: FULL SET OF AGE GROUP AWARDS! ALL-AGES FUN RUN!

LOCATION: 227 Wood Corner Road, Lititz PA 17543. Registration/ number pickup opens at 7:00 a.m. 6.85k (4.25m) race starts at 8:00 a.m., Half Mile All-Ages Fun Race at 9:00 a.m.

COURSE: Pretty PA Dutch countryside. Rolling hills & flat terrain. Lightly traveled country roads, especially at that time of day. Due to its unique distance, most will run a “personal record” for that mileage that day!

AWARDS: Top Male & Female Finisher plus awards for 1st, 2nd & 3rd M & F in the following age groups:

0-19 20-29 30-39 40-49 50-59 60-69 70+ No awards for fun run; let's keep it fun!

ENTRY: You can enter via mail by check with the form below or you can enter online, via credit card, at www.pretzelcitysports.com. If paying online, a nominal processing fee applies, closes midnight, the Wed. of race week.

FEE: For both events, \$30 if received by Mon, Aug 21st. Includes a guaranteed shirt in the size you request. After 8/21, up to and including raceday, \$35 - will receive a shirt in the size you request while shirts last, price drops to \$30 when gone. Clock at finish, refreshments, mile are marked, instant results. Rain or shine. No refunds or mailed awards. If walking the 6.85K run, please walk at an accelerated pace.

QUESTIONS?: Brandt Zimmerman, 717-672-4673, Brandtz24@hotmail.com, www.ephratastrengthandconditioning.net

Check should be made out to “Ephrata Strength & Conditioning” and the form below mailed, with check to, “Ephrata S & C, 150 W. Mount Airy Rd. Stevens, PA 17578”. Do not mail within 1 week of the race. Printable copies of the app also available at www.pretzelcitysports.com under “race app” section.

Last name _____ First name _____

Address _____ City _____ State ____ Zip _____

Circle one: 6.85k .5M Fun Run/Walk Sex: M F Race day age: _____ Date of birth ____/____/____

Shirt Size (circle one) : S M L XL Phone: (____) _____ A.M. or P.M.??
circle one or both

Email: (print clearly) _____

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, Ephrata Strength and Conditioning and Clay Township, 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 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 what so ever, 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__