



and 1 Mile Fun Run/Walk

www.lititz5kforlife.com

***** In Person Event
with Virtual Option
Saturday, October 7, 2023
at 8:00 a.m.**

Thank you for joining us for the **Lititz 5K for Life**. We are running a virtual and in-person race this year. Runners and walkers of all ages are welcome to complete a 1 mile or 5K course, either on your own (virtually) or with us on Oct. 7. Complete it with a baby in a stroller, ride your mobility scooter, or bring your dog! Make it a family affair! Some participants are serious runners while for others it's a social event. Either way, it's fun and supports women and families!

IN-PERSON RACE INFO: Location: 505 Woodcrest Ave., Lititz, PA 17543

Registration Opens: 6:45am and closes 7:45 for the **5k Race** to start at 8:00am. 1 Mile Fun Run/Walk starts at 8:30. 1 Mile Fun Run/Walk is for all ages and is an un-timed distance & does not include awards.

In-Person Entry Fee: 5k & 1 Mile Fun Run/Walk - **\$30.00 if registered by September 23rd**. Includes a short-sleeve T-shirt. **\$40.00 after September 23th** including day of race. T-shirts are available while supplies last.

In-Person 5k Awards: 1st Overall Male & Female plus top 3 male and female finishers in each age and gender category will receive a prize. Categories: 17 & under, 18-29, 30-39, 40-49, 50-59, 60-69, 70+.

VIRTUAL 5k OPTION: Complete 3.12 miles (5K) anywhere you would like.

Run or walk your 5k from now until 6:00 pm Saturday, Oct. 7th

Virtual Results: Record your Virtual 5k time (even send us a picture of your watch face, and yours too!), and send us your results **by 7:00 pm on Oct. 7th** at lititz5kforlife@gmail.com for posting on www.pretzelcitysports.com. Be sure to include your full name, age, gender and your time in this format HR:MIN:SEC. Prizes and awards are **not** included for a Virtual 5k.

Virtual 5k Entry Fee: ENTRY with Shirt Pickup - \$30 if registered by Sept. 23rd. Includes a short-sleeve T-shirt. After Sept. 23th, \$40 with shirts available while supplies last. Shirts may be picked up at Saint James Catholic Church, 505 Woodcrest Ave., Lititz PA on Oct. 7th between 9:00 & 11:00 am. If unable to pick up shirt during this time, email lititz5kforlife@gmail.com and we will set up an alternative pickup time and place.

REGISTRATION for ALL EVENTS: Complete this form to register or register online at www.pretzelcitysports.com.

Online Registration closes at midnight, Wed. Oct. 4th. A nominal service fee applies to online registration.

RACE PROCEEDS BENEFIT: A Woman's Concern, House of His Creation, and North Star Initiative

Questions? Contact Race Director Bob Lowe at lititz5kforlife@gmail.com

REGISTRATION FORM For 5k and 1 Mile Fun Run/Walk complete this portion, detach, and mail. Please **DO NOT** mail registration forms after Monday, October 2, 2023.

Name _____

Address _____

City/State _____ Zip _____ Phone _____

E-mail _____ Date of Birth _____

Race Day: Age _____ Male _____ Female _____ Event (circle one) 5K Runner 5K Walker 1 mile Fun Run/Walk Virtual 5k

Adult T-shirt Size (circle one)

S M L XL XXL

Virtual Race Pick Up _____

RELEASE FORM (Mandatory): *I understand that participating in this event is potentially hazardous, and that I will not enter and participate unless I am medically able and trained properly. I assume full and complete responsibility for any injury or accident which may occur while I am traveling to, from, or while participating in this event, including but not limited to falls, contact with other participants, and effects of weather, traffic, and conditions of the road. On behalf of myself, my heirs, executors, administrators, successors, and assigns, I hereby waive and release all rights and claims for damages which I may have against you or your assigns, the municipalities in which the event occurs, or anyone connected with the event, their heirs, executors, administrators, successors, and assigns, for any and all injuries or illnesses which I may suffer as a result of taking part in the event. I grant permission to all of the foregoing to use my photographs, pictures, recordings, or any other record of this event for any legitimate purpose.* Signature of _____

Entrant _____ Date _____

Parent/Guardian Signature _____ Date _____

(IF UNDER 18 YEARS OF AGE)

Please make checks payable to: "St. James Church" and mail to St. James Church c/o 5K for Life 505 Woodcrest Avenue, Lititz, PA 17543