



**& 1 MILE fun run/walk**  
**Sat, Oct. 21, 2023 - 9 AM - Lebanon, PA**  
**Benefits South Lebanon Volunteer Fire Department!**



**LOCATION/REGISTRATION:** Starts at First Baptist Church, 20 Linden Road, Lebanon; Registration/number pickup at First Baptist Church starting at 7:30 AM. 5K at 9:00 AM. 1 Mile Fun Run/Walk at 9:15 AM.

**COURSE:** Wheel measured course. Run through Patches Family Creamery!

**AMENITIES:** T-shirts available to all preregistrants; Refreshments for finishers; Indoor restrooms; Plenty of parking; Time clock at finish and instant results. Grab some Patches Ice Cream! Held rain or shine. No refunds or mailed awards. Results on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) in 1-2 days.

**5K AWARDS:** Awards for the Overall Male & Female winners plus: 13 & Under: 3M, 3F 14 - 19: 3M, 3F 20-29: 3M, 3F 30-39: 3M, 3F 40-49: 3M, 3F 50-59: 3M, 3F 60-69: 3M, 3F 70+: 3M, 3F Grab bags for all finishers.

**ENTRY:** For 5k: 12 years old and under run FREE w/ t-shirt! All others, \$25 includes guaranteed t-shirt if registered by Oct. 1st. After that including race day, \$30. Shirts while supplies last. For 1 Mile Fun Run/Walk: \$10 without T-shirt. \$15 with T-shirt if registered by Oct. 1st. After that \$20 while supplies last...

**Online Registration ONLY at <https://www.pretzelcitysports.com/online-registration/>**  
(Nominal service fee applies, closes at midnight, the Wednesday before race day)  
**Race Day Registration Available- Use form below**

**GENERAL DIRECTIONS FOR ALL:** First Baptist Church located in South Lebanon by Iona at 20 Linden Road between State Road and Fonderwhite behind Patches Family Creamery and across the street from the VA Medical Center.

**RACE DIRECTOR:** Josh Till (916-996-6978) [jtill@fblebanon.org](mailto:jtill@fblebanon.org), [fblebanon.org](http://fblebanon.org)

.....**RACE DAY REGISTRATION FORM – Cash or Check payable to: First Baptist Church.....**

Last name \_\_\_\_\_ First name \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_ Race day age: \_\_\_\_\_ Date of birth \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Race (circle one): 5K 1 Mile Walk Sex: M F Phone: (\_\_\_\_) \_\_\_\_\_ A.M. or P.M.??

Shirt Size (circle one): S M L XL email \_\_\_\_\_@\_\_\_\_\_

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, First Baptist Church, Patches Family Creamery, and 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. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

signature \_\_\_\_\_ date \_\_\_\_ / \_\_\_\_ / 2023