

KISSES FOR EB PRESENTS **THE 8TH ANNUAL**

Butterfly

5K & 10K

TRAIL RUN/WALK

SATURDAY - APRIL 13, 2024

9:00 AM
LANCASTER COUNTY
PARK SCENIC TRAILS



LOCATION: 1050 Rockford Rd. Lancaster, PA • Pavilion #2 • Packet pickup opens at 7:30am
5k Run/Walk and 10k Run starts at 9:00am, 1 Mile Fun Run for all ages at 9:20am

COURSE: Mostly trails, hills & some road, a very challenging course but also rewarding.
Clock at finish, refreshments, instant results. Rain or shine. No refunds.

AWARDS: 5k Run/Walk and 10k Run (timed): 1st overall Male & Female plus top 3M & 3F in the following age groups;
19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

ENTRY: 5k Run/Walk and 10k Run: \$30 if postmarked by March 25th * \$40 after March 25th
race day shirts available while supplies last. 1 Mile Trail Run (not timed): \$12 if postmarked by April 9th. \$15 afterwards,
including race day. Shirts are not included due to reduced fee. Shirts may be available day of the
race for a fee.

Optional Online Registration available at www.pretzelcitysports.com
(Nominal processing fee applies, closes at midnight, Wednesday, April **10th** of race week)

DIRECTIONS: Turn into Lancaster County Central Park off of Chesapeake St and follow signs for parking

RACE DIRECTOR: Dana Ceden (717) 925-0571 (txt is best) or email at kissesforeb@gmail.com for more info.



MAKE CHECK PAYABLE TO "KISSES FOR EB"

MAIL CHECK & FORM BELOW TO: KISSES FOR EB, 209 RUN VALLEY RD, CONESTOGA, PA 17516

LASTNAME _____ FIRST NAME _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

CIRCLE ONE: 10K RUN 5K RUN/WALK 1 MILE TRAIL FUN RUN SEX: M F RACE DAY AGE: _____

DATE OF BIRTH: ____/____/____ SHIRT SIZE (CIRCLE ONE): S M L XL 2XL

PHONE: (____) _____ AM OR PM? EMAIL (PRINT CLEARLY): _____
(CIRCLE ONE OR BOTH)