



Making a Difference of Lebanon PA and Friends of Coleman Memorial Park presents the

COLEMAN PARK 5K RUN & 1-MILE FUN RUN/WALK

Saturday, March, 30 2024, Race starts 9:45 a.m.

In Coleman Memorial Park!

Location: Coleman Memorial Park located at **1400 W Maple St, Lebanon, PA 17046.**

Time: Registration begins at 8:30 a.m. 1-mile Fun Run/Walk begins at 9:00 a.m. 5K starts at 9:45 a.m.

Course: Wheel measured, mostly shaded, paved course with slightly rolling terrain. Just think what goes up must come down! Clock at finish, refreshments. Rain or shine, no refunds or mailed awards.

Awards: 1st Overall Male & Female plus top 3 M & F in the following age groups: 14 & Under 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ (Awards not included in 1-Mile Fun Run/Walk)

Entry: 5K - \$25 if postmarked by March 15, 2024, includes promotional giveaway w/shirt.

After March 15, including race day, \$30 while giveaway supplies lasts, \$25 when gone.

1 Mile Fun Run/Walk for all ages - \$15 if postmarked by March 15, includes goodie bag, no shirt.

After March 15, including race day, \$20. Kids 10 & under walk for free, special goodie bag for kids 10 & under while supplies last.

Optional Online Registration available at www.pretzelcitysports.com
(Nominal processing fee applies, closes at midnight, March 27.)

Race Director: Cornell Wilson, email makingadifferencelebanonpa@gmail.com.

Make Check Payable to: Making a Difference of Lebanon PA

Mail check and form below to: Making a Difference of Lebanon PA, P.O. Box 1425, Lebanon, PA 17042

Last Name: _____ First Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Circle one: 5K or 1M Sex: M or F Race day age: _____ Date of birth: ___/___/___

Adult shirt size (circle one): S M L XL XXL Phone: (____) _____

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 of 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 effects 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, Making a Difference of Lebanon PA, Friends of Coleman Memorial Park, 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 whatsoever 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 whatsoever, 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___