



# FREDERICK LIVING STEADY FREDDIE 5K

## STICKY BUN FUN RUN & WALK

### June 1, 2024

**Registration 7:00 am / 5K begins at 8:30 am / 1-mile Fun Run/Walk 9:15 am**

Frederick Living Continuing Care  
Retirement Community is located at:  
2849 Big Rd., Zieglerville, PA 19492

### Questions?

Contact Betsy at 610.754.7878 or [enatter@frederickliving.org](mailto:enatter@frederickliving.org)

Payment must be included with this form to be processed. **NO REFUNDS.** One form per runner.

**Optional Online Registration Available at [www.pretzelcitysports.com/online-registration/](http://www.pretzelcitysports.com/online-registration/)**  
**(Nominal service fee applies, closes midnight, Wed. May 29, 2024)**

Breakfast items & Sticky Buns available for purchase. All net proceeds benefit the Frederick Living Benevolent Care Fund.

Please print clearly. Form must be filled out completely.

### Registration Information

#### CHOOSE A RACE:

- ☐ **5K RACE**  
\$25 thru 5/12 | \$30 thru Race Day
- ☐ **Sticky Bun Fun Run/Walk**  
\$15 - **For All Ages**

**Make Checks Payable to: Frederick Living** with "5K/Fun Run " in the memo line

Please send your completed registration form and payment to:  
Race Director  
2849 Big Rd.  
Zieglerville, PA 19492

**Total Enclosed \$** \_\_\_\_\_

**Check #** \_\_\_\_\_

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ RACE DAY AGE \_\_\_\_\_

E-Mail \_\_\_\_\_ Circle One Male / Female

May we email you about race details? ☐ Yes ☐ No

Emergency Contact \_\_\_\_\_

Emergency Contact Phone \_\_\_\_\_

#### 5K AWARDS:

##### Overall Male & Female Champions:

Receive Medal & 1 Dozen Sticky Buns

##### Top 3 M & F Finishers in each age bracket:

Receive a Place Medal

**Age brackets:** 14 & under, 15-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70+ years.

#### OFFERING UNISEX CUT SHIRTS (Circle One)

ADULT SHIRTS: XXXL XXL XL L M S

YOUTH SIZE SHIRTS: XL L M S XS

T-shirt for 5K & Fun Run only guaranteed if registered by May 12

#### PLEASE READ THE WAIVER AND RELEASE AND SIGN BELOW

**Waiver & Release:** I know that running a road race is a potentially hazardous activity which could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the roads. All such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals and radio headsets are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf waive and release, Frederick Living, Upper Frederick Township, their officials, directors, employees and volunteers and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though the liability may arise out of negligence or carelessness on the part of the persons or entities named in this waiver. I further acknowledge that my entry fee is non-refundable and non-transferable. I grant permission to all of the foregoing to use my photograph, motion pictures, recordings or any other record of this event for legitimate purposes.

X \_\_\_\_\_  
I have read, understand and agree to the waiver & release.

X \_\_\_\_\_  
Parent or Guardian Signature for participants under 18 years of age.  
I have read, understand and agree to the waiver & release.