

# LAEFC 5K REGISTRATION FORM

Optional online registration available at  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)  
Online registration closes at midnight on  
9/18/24.

## Participant's Information:

Last Name: \_\_\_\_\_

First Name : \_\_\_\_\_

( ) Male ( ) Female

Date of Birth: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

5K (\$30)  Fun Run (Free)

Register by 9/1/24 and choose your  
shirt size: (not applicable for Fun Run)

Adult S  Adult M  Adult L

Adult XL  Adult 2XL  Adult 3XL

Child S (6-8)  Child M (10-12)

Child L (14-16)

## Payment Information

Total race registration fees: \_\_\_\_\_

Total enclosed: \_\_\_\_\_

Please mail completed form w/payment  
to 600 Shepherd St, Jonestown, PA  
17038 (checks payable to: LAEFC c/o 5K  
Fundraiser).

Optional Online Registration Available at  
[https://www.pretzelcitysports.com/online-  
registration/](https://www.pretzelcitysports.com/online-registration/)

## Event Schedule:

**Location:** Lebanon Area E- Free Church  
600 Shepherd St, Jonestown, Pa 17038

7:45am – 8:15am: Registration and  
Check-In

8:30am: 5K Run/Walk

9:00am: 1-mile Fun Run/Walk

Awards following 5K Race

**Waiver:** In consideration of  
acceptance of this entry, I waive any and  
all claims for my heir and myself against  
officials, sponsors, townships and the  
Lebanon Area Evangelical Free Church  
for any injury or illness, which may  
directly or indirectly result from my  
participation in the 2024 LAEFC 5K Run &  
Fun Run. I further state that I am in  
proper physical condition to participate  
in this event.

Signature \_\_\_\_\_  
(Parent/Guardian if under 18 years old)

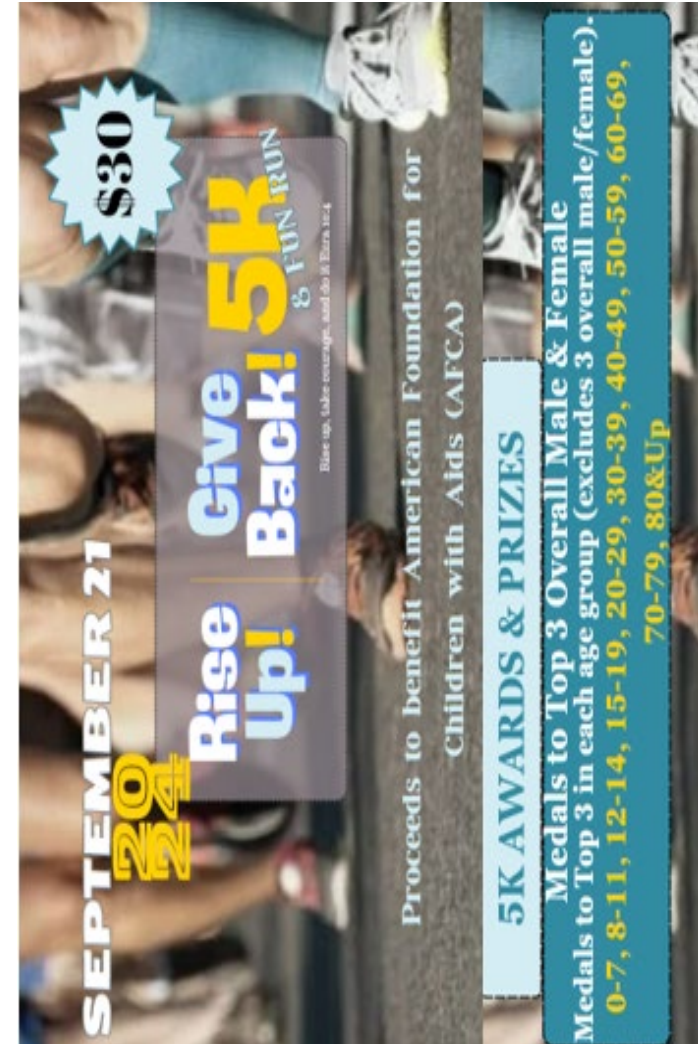
## Cost Information

**Pre-Registration Deadline:** By 9/1/24, Adults,  
Seniors, and Children \$30 (includes t-shirt)

**Registration after 9/1/24,** including race day  
\$30 t-shirt not included.

**\*Fun Run/Walk:** Free (registration required)  
No shirt/ All ages welcome

## Lebanon Area Evangelical Free Church



Please tear here and return registration form to us

Timing by Pretzel City Sports  
Questions?

Contact: [Michelle.dastokrps@comcast.net](mailto:Michelle.dastokrps@comcast.net)



## Parking Information

Free parking is available in our church parking lot, accessible from both Shepherd Street and Colonial Drive.

## Race Terrain

5K run race will start at the church parking lot with varying terrain: grass, blacktop, and gravel; small inclines.

Fun Run terrain will be grass and blacktop.

## What is AFCA? AFCA

provides hope to thousands of children in Africa, providing critical comprehensive services to infected and affected HIV+ children and their caregivers.



**How can I help?** You can help by donating, sending a gift, donate with shopping, vacation with a purpose and more!

<https://give.afcaids.org/checkout/nation?eid=128121>



From Executive Director, Tanya Weaver:

Just imagine...

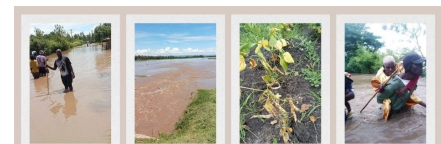
- 15 acres of rice fields.
- 2.5 acres of bean fields.
- 1 warehouse for sisal production where grannies make rope to sell.
- 55 garden beds.

All this gone in the blink of an eye - years of work to make a community sustainable so they can feed the children in the local orphanage, school children, elderly and other vulnerable people in Miwani.

Meanwhile, in Zimbabwe, there is no rain. And, with that, no crops. Again, the most vulnerable are those who suffer.

We need to rebuild the projects and rebuild their hope. If you would like to help us out, we'd so appreciate it! Visit our website and you can simply type "Emergency Relief" in the comments section, and we will know to put the donation towards these needs in Kenya and Zimbabwe. Or Venmo us at @AFCAids. Or mail a check. Or donate cash. Or donate cryptocurrency.

We need you.



FLOODS IN KENYA. DROUGHT IN ZIMBABWE  
we need to raise emergency funds to get things started again.



afcaids.org