

Jacobus Lions Ambulance Community Appreciation Day 5k

And 1 mile FUN Run/ Walk

JACOBUS, PA

Saturday, Sept 28, 2024

11:30 AM 5K / 11:45 AM Fun Run

WHO: Runners of all ages and abilities. Gather your family, friends and co-workers to help up kick off our 2nd annual Community Appreciation Day with our 5k/ 1 mile event. Walkers and pets are also invited to participate using the same course. The course is stroller and wheelchair accessible.

WHAT: This event allows us, Emergency Service Personnel, to meet and greet the communities that we serve. Food vendors (additional cost), music, family friendly events, demos, fire trucks, ambulances, and police units, will be available starting at 1pm for the Appreciation Day Event. (Subject to change based off availability)

WHERE: Jacobus, Pa. This course will be well marked through neighborhoods of Jacobus Borough and down a short, gravel trail to a turn around spot. Water stations will be available.

WHEN: Saturday, September 28th, 2024

9:30 a.m. – Registration begins

11:30 a.m.– 5K Race begins

11:45 a.m. – 1-mile Fun Run/ Walk begins

12:30 a.m. – Award presentation at finish line

1:00 p.m. – Community Appreciation Event Starts

DIRECTIONS:

- Jacobus Lions Ambulance Club is located at.
18 S Main St Jacobus, Pa 17407
- Registration will be located under the pavilion
- Fire Police will be on site to direct traffic and parking

QUESTIONS: Call **Denny Leas** (717)428-0218/ dleas@jac.com

HOW: Online Registration is preferred. For mail-in/ in-person drop off, complete the form below and submit an appropriate amount.

5k Entry Fee: \$30 if registered by Sept. 25th. Includes a **Custom FINISHER MEDAL** and Event T-Shirt.

1 Mile Fun Run/ Walk Entry Fee: \$15 if registered by Sept. 25th. Includes Event T-Shirt.

Day of registration for both events will increase by \$5. (cash or check only) T-shirt and Medals available while supplies last for same day registration.

Optional Online Registration Available at
<https://www.pretzelcitysports.com/online-registration/>

(Nominal service fee applies, closes midnight, Wed. of race week)

Event will be held rain or shine

5k AWARDS: Overall Top 3 Male & Female winners plus: 18 & Under: 3M, 3F, 19-29: 3M/ 3F, 30-39: 3M/ 3F, 40-49: 3M/ 3F, 50-59: 3M/ 3F 60-69: 3M/ 3F, and 70+: 3M, 3F

RESULTS: Finish line and timing service by Pretzel City Sports. Race Results posted on www.pretzelcitysports.com

REGISTRATION: \$30 if registered by Sept 25, 2024. 1 Mile Fun Run/ Walk: \$15 if registered by Sept. 25, 2024. Registrations may be dropped off at Jacobus Lions Ambulance Club 18 S Main St Jacobus, Pa 17407 in the Membership Mail Box located at the side door. Please place in an envelope with a note 5k event. Please allow adequate time for mail in registrations.

Name _____ Address _____

City _____ State _____ Zip _____ Age (on Race Day) _____

Gender: Male Female Event (circle one): 5k Run 1 Mile Fun Run/ Walk

Phone _____ E-mail address _____

T-shirt size (circle one)
Youth L M S
Adult S M L XL XXL

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, **Jacobus Lions Ambulance Club** 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 X _____ Date _____

(Parent or guardian's signature if less than 18 years of age.)

Please make checks payable to Jacobus Lions Ambulance Club and mail to: 18 S. Main St Jacobus, Pa 17407