



Saturday October 19th, 2024 - 9:00 AM Willow Street, PA

LOCATION/REGISTRATION: Starts at West Willow Fire Company, 192 W Willow Rd, Willow Street, PA 17584; Registration/number pickup at starting at 8:00 AM. 5K at 9:00 AM.

COURSE: Fast, flat country roads with only ONE hill!

AMENITIES: T-shirt to all pre-registrants of 5K and registrations through race day, while supplies last. Refreshments for finishers, loads of parking, time clock at finish and instant results. Held rain or shine. No refunds or mailed awards.

Professionally timed by Pretzel City Sports. Results in 1-2 days on www.pretzelcitysports.com.

AWARDS: Awards for the Overall Male & Female winners plus: 13 & Under: 3M, 3F; 14 - 19: 3M, 3F; 20-29: 3M, 3F; 30-39: 3M,3F; 40-49: 3M, 3F; 50-59: 3M, 3F; 60-69: 3M, 3F; and 70+: 3M, 3F

ENTRY: \$30 if registered by October 1st, includes a race shirt. \$35 after October 1st, deadline midnight of October 16, shirts available while supplies last.

Optional Online Registration Available with QR code below
(Nominal service fee applies, closes at midnight, October 16th 2024)

Contact with questions: David Rivera 717-471-0822 Kara Garber 717-572-9365 Laura Dill 717-615-1002

CHECK PAYABLE TO: Building Bridges Foundation & MAIL CHECK & FORM BELOW TO: Building Bridges Foundation 230 Indian Hill Road Conestoga PA 17516

.....Please Print Clearly.....

Last name _____ First name _____

Address _____

City/State _____ Zip _____ Race day age: _____ Date of birth ___/___/___

Race: 5K Sex: M F Phone: (____) _____

Shirt Size (circle one): S M L XL

email _____@_____



Scan QR Code to register online



The Building Bridges Foundation at Anderson Farm offers equine assisted therapy services for military members and their family at no cost. Bridging the gap of military service and civilian life through the healing power of horses.

Every dollar raised goes to helping our veterans.

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, **Building Bridges Foundation** 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 _____ date ____/____/ 20__