

5K, 10K & FUN RUN

**SPRING**  
*into life*

**APRIL 5, 2025 | 9 AM**

**MYERSTOWN, PA**

ALL PROCEEDS WILL BENEFIT

**THE HALLER FAMILY ADOPTION**

THROUGH THE LIFESONG ORGANIZATION

SEE BACK FOR DETAILS & REGISTRATION

# DETAILS & REGISTRATION

**WHO:** Runners and walkers of all ages! Gather your family, friends and co-workers.

**WHAT:** The Spring into Life 5K, 10K and Fun Run is raising money towards Amy and Jaden Haller's adoption through an organization called Lifesong for Orphans.

**WHEN:** Saturday, April 5, 2025  
7:30 a.m. - Registration begins  
9:00 a.m.- 5K & 10K Runs begin  
9:45 a.m. - 3/4 Mile Fun Run for all ages begins  
Award presentation following 5K and 10K

**WHERE:** Fairlane Avenue Park is located on South Fairlane Ave in Myerstown, PA. Please use the upper parking lot (entrance at the flagpole). Strollers are permitted on the course, but please no bikes. The course is on a path, nearby roads, and minimal grass. There are some small hills within the course.

Everyone runs a 5K loop. You can decide mid-race to finish with the 5K or do a 2nd loop for a 10K. Distance is non-binding.

## ONLINE REGISTRATION AVAILABLE

<https://www.pretzelcitysports.com/online-registration/>

(Nominal service fee applies, closes midnight of 4/2)

### PRICING FOR ALL RACES:

Early Entry Fee by 3/17: \$30 includes t-shirt  
Entry Fee from 3/18-Race Day: \$35 includes t-shirt until gone

Fun Run is free for ages 10 and under. Still requires submission of registration form signed by parent. Include \$10 if a t-shirt is wanted.

**5K & 10K AWARDS:** A medal will be presented to overall male and female as well as top male and top female finisher in each of the following age groups: 0-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

**RESULTS:** Finish line & timing service by Pretzel City Sports. Race Results will be posted on [pretzelcitysports.com](http://pretzelcitysports.com)

### QUESTIONS?

Contact Race Director Bridgett Twiford at 717-507-5410 or [bridgettfinn@live.com](mailto:bridgettfinn@live.com)

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**REGISTRATION: Please detach and mail to 313 S. Locust Street Myerstown, PA 17067.  
Make checks payable to Lifesong.**

Name \_\_\_\_\_ Age (on Race Day) \_\_\_\_\_ Gender (circle one): M or F

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

Goal Distance (circle one): 5K 10K Fun Run T-Shirt Size (circle one): Adult S, M, L, XL, 2XL Youth S, M, L

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors, Jackson Township and those in their employ, the County of Lebanon, and all their representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. 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; and the condition of the road; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event.

Signature X \_\_\_\_\_ Date \_\_\_\_\_

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