

The Community Fire Company of Cornwall Borough Annual

# Race Out Fires 5k Run

& 1 Mile Kids Fun Race

Sunday, June 8th, 2025, 8:00 A.M

LOCATION: Community Fire Company of Cornwall Borough 50 Rexmont Rd Lebanon, Pa 17042.

REGISTRATION/Bib Pick UP opens at 7:00 a.m. 5k starts at 8:00 a.m., 1 Mile Kids Fun Race at 8:45am.

COURSE: GPS measured course with plenty of shade. Very flat and easy running.

Clock at finish, refreshments, mile splits, instant results. Rain or shine. No refunds or mailed awards.

AWARDS: 5K: Overall Top Male & Female plus the following Age Group Awards 14 & under: 2M, 2F 15-19: 2M, 2F 20-29: 2M, 2F 30-39: 2M, 2F 40-49: 2M, 2F 50-59: 2M, 2F 60-69: 2M, 2F 70+: 1M, 1F

1M Kids Race for 12 yrs old & under: Top 2 Males & Females overall. Note: Kids participating in both the 5k & fun run must enter twice

ENTRY: 5k \$30 if registered by Fri May 23<sup>rd</sup> incl. guaranteed t-shirt. After that, including race day, \$35 while shirts last, \$30 when gone. 1 Mile Kids Run: For Children 12 & under. \$5 if registered by Fri. May 23<sup>rd</sup> Afterwards, inc. day of race, \$7. Race day registration for kids run to be CLOSED once we have as many kids' entries as we have grab bags so preregister if possible. Also, shirts are not included, due to the reduced fee.

Pre-Registration Online Only at [www.pretzelcitysports.com](http://www.pretzelcitysports.com)  
No Mail-In Registration's – Day of Race Registration will be available

DIRECTIONS: 50 Rexmont Rd Lebanon, Pa 17042

RACE DIRECTOR: Matthew Tsirnikas, [conrwallfire@verizon.net](mailto:conrwallfire@verizon.net)

Day of Race - Registration Form – 5k: \$35 with shirt, \$30 without shirt 1 Mile Kids Run: \$7  
**Credit Card or Cash Only - Accepted with Race Day Registration**

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

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

Event: 5k Run Kids Fun Race Sex: M F Race Day Age \_\_\_\_\_ Date of Birth \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Shirt Size: S M L XL Email \_\_\_\_\_ Phone:(\_\_\_\_\_)\_\_\_\_\_

WAIVER: I know that running a trail 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, hazards, debris and poor footing on the course and assume the risk of running on it. 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 effects of the weather, getting lost, wildlife and insect attacks and 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 Community Fire Company of Cornwall Borough, Pretzel City Sports, all municipalities in which the event is held, the race director, course officials, all other organizations directly or indirectly associated with the race, 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 whatsoever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to Pretzel City Sports to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. BY SIGNING THIS, I ATTEST THAT I HAVE READ AND UNDERSTAND THIS WAIVER.

Signature \_\_\_\_\_ Date \_\_\_\_\_, 20\_\_\_\_\_