

THE 1<sup>st</sup> ANNUAL

# “Run For the Hill 5K”

Presented by the HILLTOP PLAYGROUND ASSOCIATION

## SAT, MAY 3, 2025 - 9 AM - LEBANON, PA

**LOCATION/REGISTRATION:** Starts at South Hills Park, 100 S Lincoln Ave, Lebanon, PA 17042; Registration/number pickup at East Pavilion, by the main parking lot. starting at 8:00 AM. 5K at 9:00 AM, Kids Run (ages 10 & Under) at 9:45 AM.

**COURSE:** wheel measured course; FASTEST & FLATTEST IN LEBANON COUNTY. RUN. GREAT place to PR! Rails and trails will be the main course for the race.

**AMENITIES:** T-shirt to all pre-registrants of 5K; Refreshments for finishers, indoor toilet facilities & loads of parking, time clock at finish and instant results. Cornwall Commons, Target and Starbuck right across the bridge. Held rain or shine. No refunds or mailed awards. Results on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) in 1-2 days.

**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:** For 5K: \$35 if postmarked by April 24, 2025. Afterwards, inc. day of race, \$55 while shirts last, \$40 with no shirt. For kids run, \$10 if postmarked by April 24. Afterwards, inc. day of race, \$15. 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, no shirts for kids due to reduced fees.

Optional Online Registration Available at <https://www.pretzelcitysports.com/online-registration/>  
(Nominal service fee applies, closes at midnight, the Wednesday before race day)

**GENERAL DIRECTIONS FOR ALL:**

Enter Lebanon, PA – Make sure you're on the main roads leading into the city, like Route 72 or Route 422, depending on which direction you're coming from. Head toward South 22nd Street – If you're coming from Route 72, head south on S 22nd St. Turn onto South Lincoln Avenue – After reaching 22nd Street, turn right (west) onto South Lincoln Ave. Continue to South Hills Park – South Hills Park will be on your left along South Lincoln Ave after a few blocks.

The park is near residential areas, so you may find signage indicating the park once you're nearby.

**CHECK PAYABLE TO**

**“Hilltop Playground Association”**

**& MAIL CHECK & FORM BELOW TO: Angelina Marko % Hilltop Playground, 411 Guilford St. Lebanon, PA, 17046.**

**RACE DIRECTOR: Daniel Quiles, Jr. Text (717)679-3460, [dquiles84@gmail.com](mailto:dquiles84@gmail.com), [www.hilltopplayground.com](http://www.hilltopplayground.com)**

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

Last name: \_\_\_\_\_ First name: \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_ Race day age: \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Race (circle one): 5K Fun Sex: M F Phone: (\_\_\_\_) \_\_\_\_\_ A.M. or P.M.??

Shirt Size (circle one): S M L XL email \_\_\_\_\_@\_\_\_\_\_

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 of 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 effects 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, Hilltop Playground Association 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 whatsoever 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. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/ 20\_\_\_\_