

Lancaster For The Nations Tournament Presents the 1th Annual

Lancaster For The Nations 5k Run

Saturday, June 14, 2025 9:00 A.M

"Global Impact Through Local Community"

LOCATION: "Paradise Community Park " in Gordonville PA. 6 London Vale Rd, Gordonville, PA 17529. Regist./ number pickup opens at 8:00 a.m. 5k starts at 9:00 a.m., 1 Mile Kids Fun Race at 9:45

COURSE: Rolling and Fast. Running thru beautiful Lancaster County Farmland.

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

AWARDS: 5K: \$200 cash prize to first place male and female:

14 & under: 3M, 3F 15-19: 3M, 3F 20-29: 3M, 3F 30-39: 3M, 3F 40-49: 3M, 3F 50-59: 3M, 3F 60-69: 3M, 3F 70+: 1M, 1F

ENTRY: 5k: \$30 if registered by Friday May 30th, 2025 by \, incl. guaranteed t-shirt. Afterwards, incl. race day, \$35 while shirts last, \$30 when gone.

Online Registration available at www.pretzelcitysports.com

(Nominal processing fee applies, closes at midnight, the Wed. of race week)

Note: Snacks and drinks provided post race, however, Lancaster For The Nations is hosting a softball and volleyball tournament on the same day. There is a food tent at the tournament and all runners are welcome to purchase food at the food tent.

RACE DIRECTOR: Dave Petersheim, 717-327-7542 or email me at davidpetersheim77@gmail.com more info at lancastertournaments.com/lancaster-for-the-nations

MAKE CHECK PAYABLE TO "Lancaster Tournaments"

MAIL CHECK& FORM BELOW TO: Lancaster Tournaments, 5681 Umbletown Rd Gap PA 17527.

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Circle one: 5K Sex: M F Race day age: _____ Date of birth ____/____/____

Shirt Size (circle one) : S M L XL Phone: (____) _____

Email: (print clearly) _____

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, **Lancaster For The Nations**, 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. 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. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____

date____/____/ 20____