



JAN'S DAISY DASH

12th Annual 5K Run/Walk

Saturday, October 4th, 2025 - 9:00 AM

Cocalico High School Stadium – Denver, PA



Proceeds from this race will benefit Jan's Circle of Friends, assisting children in the community affected by domestic violence or parental loss. Jan's Circle of Friends is a registered 501-C(3) non-profit organization.

WHO: Runners/walkers of all ages; the course is stroller and wheelchair accessible.

WHERE: Cocalico High School Stadium, behind Denver Elementary, located at 700 S. 4th Street, Denver, PA 17517. Registration is located at the stadium entrance by the tennis courts.

PAPER REGISTRATION: Complete and detach the form below, and submit it with payment made to Jan's Circle of Friends.

REGISTER ONLINE:

www.janscircleoffriends.org

www.PretzelCitySports.com

COST: Early registration is \$25 if postmarked by 9/8/25. All pre-registrants are guaranteed a T-shirt. Registration fee is \$30 if postmarked 9/8/25 through race day. T-shirts while supplies last.

WHEN: Saturday, October 4, 2025

8:00 AM - Registration begins

9:00 AM – 5K Run/Walk begins

10:00 AM – Award Presentation at the track

RESULTS: Finish line and timing service by Pretzel City Sports. Race results posted on www.PretzelCitySports.com

COURSE MAP: www.janscircleoffriends.org

AWARDS: Overall Male & Female – Medal & Prize. Medals awarded to top male & female finishers and a prize presented to 2nd place male & female in age brackets: 14 & under, 15-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70-79, 80+years.

Please contact Gwen McKinney at gmckinney718@gmail.com with any questions.

REGISTRATION

Complete, detach, and return with a check made payable to Jan's Circle of Friends.

☐ **Early Registration** \$25 **POSTMARKED BY SEPTEMBER 8, 2025**

☐ **Registration** \$30 **POSTMARKED SEPTEMBER 8, 2025 OR LATER**

Mail to: Jan's Circle of Friends c/o Gwen McKinney, 532 Gehman School Road, Denver, PA 17517

Name: _____

Email: _____

Address: _____

City: _____

State: _____

Zip: _____

Age (on race day): _____

Male/Female (circle one)

Adult T-shirt Size: XS S M L XL XXL (circle one)

Signature: _____

Date: _____

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, and any and all sponsors including, but not limited to Jan's Circle of Friends, Cocalico School District, the Borough of Denver, the Township of West Cocalico and those they employ, the Counties of Lancaster, 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.