

LAEFC 5K REGISTRATION FORM

Optional online registration available at

www.pretzelcitysports.com

Online registration closes 9/24/25.

Participant's Information:

Last Name: _____

First Name : _____

() Male () Female

Date of Birth: _____

Age on Race Day: _____

Address: _____

City: _____ State: _____

Zip: _____ Phone: _____

Email: _____

☐ **5K**

\$30 register by 9/7, includes shirt

\$35 after 9/7, shirt while supplies last

☐ **1-mile Fun Run/walk** (Free, no shirt)

Choose your shirt size:

(not applicable for Fun Run)

☐ Adult S ☐ Adult M ☐ Adult L

☐ Adult XL ☐ Adult 2XL ☐ Adult 3XL

☐ Child S (6-8) ☐ Child M (10-12)

☐ Child L (14-16)

Payment Information

Total race registration fees: _____

Total enclosed: _____

Please mail completed form w/payment.

Checks payable to: LAEFC

c/o 5K Fundraiser

Event Schedule:

Location: LAEFC

Lebanon Area Evangelical Free Church

600 Shepherd St

Jonestown, PA 17038

September 27th, 2025

7:45am-8:15am: Check-In &

Late Registration

8:30am: 5K Run/Walk

9:00am: 1-mile Fun Run/Walk

10:00am: Awards

Waiver: In consideration of acceptance of this entry, I waive all claims for my heir and myself against officials, sponsors, townships and the Lebanon Area Evangelical Free Church for any injury or illness, which may directly or indirectly result from my participation in the 2025 LAEFC 5K Run & Fun Run/Walk. I further state that I am in proper physical condition to participate in this event.

Signature _____

(Parent/Guardian if under 18 yrs old)

Cost Information

Pre-Registration Deadline w/ shirt:

9/7/25

\$30 – Adults, Seniors and Children

Late Registration Deadline: \$35, shirts while supplies last

Online registration closes 9/24/25

1-mile Fun Run/Walk: Free w/ no shirt
All ages welcome. Registration required.

Lebanon Area Evangelical Free Church

5K & FUN RUN

SEPTEMBER 27, 2025



Proceeds benefit AFCA
(American Foundation for Children with Aids)

RISE UP! GIVE BACK!

Rise up, take courage and do it. -Ezra 10:4

5k Awards

*Top 3 Overall Male & Female

*Top 3 in each age group

(excludes 3 overall male/female)

9 & Under, 10-14, 15-19, 20-29, 30-39, 40-49,

50-59, 60-69, 70-79, 80 & up

Questions?

Contact: Michelle

dastokrps@comcast.net

Rain or Shine Event



Parking Information

Free parking is available in our church parking lot, accessible from both Shepherd Street and Colonial Drive.



Race Terrain

The 5K run will start at the church parking lot with varying terrain: grass, blacktop, and gravel; small inclines.

The fun run terrain will be grass and blacktop.

Pancake Breakfast

September 27th

7-10 AM

\$10 / all you can eat

Fellowship Hall
Lebanon Area Evangelical Free Church

Proceeds will also benefit AFCA!

5K participants receive FREE
breakfast after the race!



Thank you to last year's sponsors!

Canns-Bilco Distributors Inc

Duane Moyer Well Drilling

Farmer Boy Ag

Giant Food Stores

Kristy's Learning Center

Major Leage Screen Printing

Redner's Warehouse Markets

Weis Markets

Zimmerman Law Office

Interested in sponsoring our 2025 race?

Email Michelle for more details.

dastokrps@comcast.net