



Making a Difference of Lebanon PA presents the

## SPRING 5K RUN & 1-MILE FUN RUN/WALK

Saturday, April 4, 2026, Race starts at 9:00 a.m.  
In Coleman Memorial Park!

**Location:** Coleman Memorial Park located at **1400 W Maple St, Lebanon, PA 17046.**

**Time:** Registration begins at 8:00 a.m. 5K starts at 9:00 a.m. 1-mile Fun Run/Walk begins at 10:15 a.m.

**Course:** Wheel measured, mostly shaded, paved course with slightly rolling terrain. Just think what goes up must come down! Clock at finish, refreshments. Rain or shine, no refunds or mailed awards.

**Awards:** 1st Overall Male & Female plus top 3 M & F in the following age groups: 14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ (Awards not included in 1-Mile Fun Run/Walk)

**Entry: 5K** - \$25 if postmarked by March 16, 2026, includes promotional giveaway with a shirt.

After March 16, 2026, including race day, \$30 while giveaway supplies last, \$25 when gone.

**1 Mile Fun Run/Walk for all ages** - \$15 if postmarked by March 16, 2026 includes goodie bag, no shirt. After March 16, including race day, \$20. Kids 10 & under walk for free, special goodie bag for kids 10 & under while supplies last.

Optional Online Registration available at <http://www.pretzelcitysports.com/>

(Nominal processing fee applies, closes at midnight, April 1.)

Race Director: Cornell Wilson, email [makingadifferencelebanonpa@gmail.com](mailto:makingadifferencelebanonpa@gmail.com)

Make Check Payable to: Making a Difference of Lebanon PA

Mail check and form below to: Making a Difference of Lebanon PA, P.O. Box 1425, Lebanon, PA 17042

-----  
Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

\_\_\_\_\_ Circle one: 5K or 1M Sex: M or F Race day age: \_\_\_\_\_ Date of birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Adult shirt size (circle one): S M L XL XXL 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 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, Making a Difference of Lebanon PA, 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. 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