



FREDERICK LIVING STEADY FREDDIE 5K

STICKY BUN FUN RUN & WALK

May 30, 2026

Registration 7:30 am / 5K begins at 8:30 am / 1-mile Fun Run/Walk 9:15 am

Frederick Living Continuing Care Retirement Community is located at: 2849 Big Rd., Zieglerville, PA 19492

Questions?

Contact Betsy at 610.754.7878 or enatter@frederickliving.org

We're Turning 130 this year! Celebrate with us - free sticky bun for all registered participants!



Payment must be included with this form to be processed. **NO REFUNDS.** One form per runner. **Optional Online Registration Available at www.pretzelcitysports.com/online-registration/ (Nominal service fee applies, closes midnight, Wed. May 27, 2026)**

Breakfast items available for purchase. All net proceeds benefit the Frederick Living Benevolent Care Fund.

Please print clearly. Form must be filled out completely.

Registration Information

CHOOSE A RACE:

- 5K RACE**
\$30 thru 5/11 | \$35 thru Race Day
- Sticky Bun Fun Run/Walk**
\$20 - For All Ages

Make Checks Payable to: **Frederick Living** with "5K/Fun Run " in the memo line

Please send your completed registration form and payment to:
Race Director
2849 Big Rd.
Zieglerville, PA 19492

Total Enclosed \$ _____

Check # _____

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ DOB ____/____/____ RACE DAY AGE _____

E-Mail _____ Circle One Male / Female

May we email you about race details? Yes No

Emergency Contact _____

Emergency Contact Phone _____

5K AWARDS:

Overall Male & Female Champions:
Receive Medal & 1 Dozen Sticky Buns

Top 3 M & F Finishers in each age bracket:
Receive a Place Medal

Age brackets: 14 & under, 15-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70+ years.

Special Anniversary T-shirt Design!

OFFERING UNISEX CUT SHIRTS (Circle One)

ADULT SHIRTS: XXXL XXL XL L M S

YOUTH SIZE SHIRTS: XL L M S XS

T-shirt for 5K & Fun Run only guaranteed if registered by May 11

PLEASE READ THE WAIVER AND RELEASE AND SIGN BELOW

Waiver & Release: I know that running a road race is a potentially hazardous activity which could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. 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, traffic and the conditions of the roads. All such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals and radio headsets are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf waive and release, Frederick Living, Upper Frederick Township, their officials, directors, employees and volunteers and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though the liability may arise out of negligence or carelessness on the part of the persons or entities named in this waiver. I further acknowledge that my entry fee is non-refundable and non-transferable. I grant permission to all of the foregoing to use my photograph, motion pictures, recordings or any other record of this event for legitimate purposes.

X _____
I have read, understand and agree to the waiver & release.

X _____
Parent or Guardian Signature for participants under 18 years of age.
I have read, understand and agree to the waiver & release.