

# HOMETOWN STRONG 5K RUN/WALK

Join us and show how community sticks together. Proceeds from the 5k go to 3 local nonprofits.

**SATURDAY MAY 16<sup>TH</sup>, 2026**

**Registration begins at 7:30am - Race begins at 8:30am**

**5K Fee:** \$25 if registered by 05/01/2026 (t-shirt guaranteed).

\$30 after 05/01/2026 including race day (t-shirts while supplies last).

**FILL OUT FORM BELOW AND RETURN IT AND PAYMENT TO:**

Questions?  
Call Lehman's  
Feed & Home  
Center at  
**717-528-4119**

LEHMAN'S FEED & HOME CENTER  
241 OLD US ROUTE 15,  
YORK SPRINGS, PA 17372

**OR**

Make checks  
payable to:  
**Lehman's Feed  
& Home Center**

OPTIONAL ONLINE REGISTRATION AVAILABLE AT:

[HTTPS://WWW.PRETZELCITYSPORTS.COM/ONLINEFORM1.PHP?ID=1878](https://www.pretzelcitysports.com/onlineform1.php?id=1878)

(NOMINAL SERVICE FEE APPLIES, CLOSES AT MIDNIGHT, THE WEDNESDAY BEFORE RACE DAY)

<b>Team Red</b> York Springs Fire Company	<b>Team White</b> Food Bank at Chapel Hill Church of God	<b>Team Blue</b> Helen O. Krause Animal Foundation
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Name: \_\_\_\_\_ Gender: \_\_\_\_\_

Age on race day: \_\_\_\_\_ T-Shirt Color (circle one):      **Red**      **White**      **Blue**

T-Shirt Size (circle one):      **YS**      **YM**      **YL**      **S**      **M**      **L**      **XL**      **XXL**

Mailing address: \_\_\_\_\_

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, LEHMAN'S FEED AND HOME CENTER, 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**    /    / 2026