



Goal Line Grind 5K



Sunday, June 28th, 2026

5K starts @ 9:00AM

1 Mile Fun Run-Walk starts @ 9:45AM

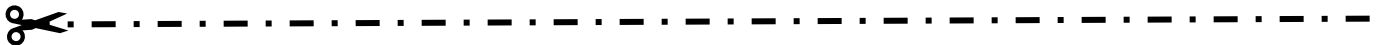
Lebanon Expo Center, Rails to Trails Entrance

80 Rocherty Rd, Lebanon, PA 17042

- **\$25 entry fee for 5k and 1 Mile Run**
- **Entry must be received by June 8th, otherwise \$30 after, and \$35 Day of race**
- **Registration begins at 7:30 AM**
- **Professionally timed by Pretzel City Sports, results posted on website following race**
- **Rain or shine event, sorry no refunds.**
- **5k and 1 mile will be run on the beautiful and scenic Lebanon Valley Rails to Trails**
- **Awards and presentation following race and must be present. Awards will not be mailed**
- **T-shirts guaranteed for all entrants registered by 06/08/26, all others while supplies last**
- **Check out the race Facebook event page, "Goal Line Grind 5K", Please like and share it!**
- **Questions contact: Matt – matchu3110@yahoo.com**

5k AWARDS: Top overall male & female, plus 1st, 2nd, and 3rd place awards for male and females in the following age groups: 13 & under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

[COME AND SHOW YOUR SUPPORT FOR IRON VALLEY UNITED SC](#)



Mail check payable to: "Iron Valley United SC" & send to PO Box 545 Palmyra, PA 17078

Optional Registration online at www.pretzelcitysports.com (Nominal fee) **On-line** registration closes at midnight on June 24, 2026

Last Name _____ First Name _____

Address _____ City _____ State _____ Zip _____

Gender: M F Date of Birth: ____/____/____ Email: _____

Age at day of race: _____ Phone: _____ Youth T-Shirt: M L T-Shirt: S M L XL 2XL

(Circle one)

I will be participating in the: 5K 1 Mile fun run/walk

Waiver: I acknowledge that running in any of the options above can be a potentially hazardous activity. On behalf of myself, my heirs, executors, administrators, successors and assigns, I hereby waive and release all right and claims for damages which I may have against you or your assigns, municipalities in which the event occurs, or anyone connected with this event, for any and all injuries or illnesses which I may suffer as result of taking part in the event. I grant my permission to use my name or any audio or visual recording for any lawful purpose. I understand that volunteers will be on hand to guide participants, but roads may be open to traffic.

Signature _____ Date _____

FOR STAFF USE ONLY

Paid In Full: YES NO

Check #: _____

BIB #: _____