

THE 2ND ANNUAL EXPLORE MORE OUTDOORS RUN FOR FUN 5K

Presented by EXPLORE MORE OUTDOORS

Sat, September 12, 2026 - 10 AM - Wellsville, PA

LOCATION/REGISTRATION: Starts at the Conewago Day Use Area at Gifford Pinchot State Park (1185 Alpine Rd. Wellsville PA, 17365); Registration/number pickup at the patio area of the Conewago Day Use, starting at 9:00 AM. The 5k will start at 10:00 AM. **OPEN TO ALL AGES/ LEVELS!**

COURSE: A trail course that starts and finishes on the flat road.

AMENITIES: T-shirt to all preregistrants of 5K, “goodie” bag for preregistrants, Explore More Outdoors pen, medals for all finishers. Refreshments and snacks for everyone, indoor toilet facilities, loads of parking, time clock at finish and instant results. No refunds or mailed medals. Results on www.pretzelcitysports.com in 1-2 days.

ENTRY: \$25 includes guaranteed shirt if postmarked by August 29th, 2026. Afterwards, day of race, \$30. Shirts are available until supplies last.

Optional Online Registration Available at <https://www.pretzelcitysports.com/online-registration/>
(Nominal service fee applies, closes at midnight, the THURSDAY before race day)

GENERAL DIRECTIONS FOR ALL: When entering Gifford Pinchot State Park, follow signs for the Conewago Day use area. It is down Alpine road. Once you enter the Conewago area, parking is free. One lot will be closed off for the start line, but the rest of the area is open.

CHECK PAYABLE TO “Explore More Outdoors” & MAIL CHECK & FORM BELOW TO: Explore More Outdoors,
ATTN: Zoe Vargas, 2201 Woodview Drive, Harrisburg PA 17112

RACE DIRECTOR: Trey Nissley tnissley@exploremoreoutdoors.org / Zoe Vargas zvargas@exploremoreoutdoors.org
www.exploremoreoutdoors.org

.....Please Print Clearly.....

Last name _____ First name _____

Address _____

City/State _____ Zip _____ Race day age: _____ Date of birth ____/____/____

Race (circle one): 5K Sex: M F Phone: (____) _____

Shirt Size (circle one): S M L XL 2XL Email _____

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 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, Explore More Outdoors and 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. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

signature _____ date ____/____/ 2026