

5K Run for Life

& 1 K Fun Run/Walk

Saturday, Sept 19, 2026 9:00 A.M

Proceeds Benefit Suicide Prevention Efforts in Schuylkill County

LOCATION: The Pine Grove Hose, Hook, & Ladder 2 Orchard St. Pine Grove, Pa 17963. Registration / number pickup opens at 8:00 a.m. 5k starts at 9:00 a.m., 1 Mile Kids Fun Race at 9:30

COURSE: FLAT, FAST measured course on mostly shaded streets & around lake. GREAT place to visit! Clock at finish, refreshments, mile splits, instant results. Rain or shine. No refunds or mailed awards.

AWARDS: 5K: Separate CASH awards for the OVERALL male and female winners
PLUS Unique Age Group Awards: 14 & under: 3M, 3F 15-19: 3M, 3F 20-29: 3M, 3F 30-39: 3M, 3F 40-49: 3M, 3F 50-59: 3M, 3F 60-69: 3M, 3F 70+: 3M, 3F

1M Kids Race for 12 yrs old & under: Top 3 Males & Females overall
(Note: Kids participating in both the 5k & fun run must enter twice)

ENTRY: 5k or 1K Fun Run/Walk: \$30 if postmarked by Sat, August 31, 2026 incl. guaranteed t-shirt. Registration after August 31, including day of event is \$35 and includes t-shirt while supplies last. \$30 when shirts are gone.

\$10 For Children 12 & Under if postmarked by August 31, 2026. Afterwards, incl. day of race, \$15. Shirts are not included, due to reduced fee.

Optional Online Registration available at www.pretzelcitysports.com
(Nominal processing fee applies, closes at midnight, the Wed. of race week)

DIRECTIONS TO PINE GROVE: Take 81 N or S to exit 100 PINE GROVE. At the exit, turn onto 443 E towards Pine Grove (you will pass McDonald's). Stay on 443 E into Pine Grove to the traffic light. Make a right at the light and make the next right onto Christ St. The registration is in the Pine Grove Hose Hook and Ladder parking lot, to your left.

RACE DIRECTOR: Debra Thompson, 570-617-6707 or email me at dthompson@thompsonsocialservices.com. more info at www.thompsonsocialservices.com

MAKE CHECK PAYABLE TO "THOMPSON SOCIAL SERVICES"
MAIL CHECK& FORM BELOW TO: THOMPSON SOCIAL SERVICES
39 S. TULPEHOCKEN ST. PINE GROVE, PA 17963.

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Circle one: 5K 1K Sex: M F Race day age: _____ Date of birth ____/____/____

Shirt Size (circle one) : S M L XL XXL XXXL XXXXL Phone: (____) _____ A.M. or P.M.??
circle one or both

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 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, Thompson Social Services, Inc., 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 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 ____/____/ 2026 ____