

LUTHERAN CHURCH OF THE HOLY TRINITY IN LEESPORT, PA  
PRESENTS THE FIRST 5K RUN/WALK & KIDS FUN RUN

# Fall Fest 5K

Saturday, September 24<sup>th</sup> 2016 – 9 AM – Leesport, PA

**LOCATION/REGISTRATION:** Starts at the Lutheran Church of the Holy Trinity 102 Apple St. Leesport, PA 19533. Registration, bib and shirt pick up in lower level of church, starts at 7:30 AM. 5K at 9:00 AM, Kids fun run after main race.

**COURSE:** Mixed road and cross country course. Starts at church parking lot, traffic control. No pets please.

**AMENITIES:** T-shirt to all pre-registrants and while supplies last. Refreshments provided after race, indoor toilet facilities available. Parking areas available at Hoss’s Restaurant (use lot closer to Hafer Dr.) and Steve Moyer Collision and other designated parking lots (look for 5k parking signs). Child care is available, helpers will entertain child but are not permitted to change diapers, but can still watch young children during the race. Held rain or shine, no refunds or mailed awards. Results on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) in 1-2 days after race.

**AWARDS:** Awards for the top male and female, also overall 3 male and female winners for each group: 10 & Under, 11-18, 19-29, 30-39, 40-49, 50-59, 60+. Awards will be held after the fun run.

**ENTRY:** For 5K - \$20 if registered by Friday September 2<sup>nd</sup>, 2016, which includes t-shirt. All mailed registrations must be postmarked by September 2<sup>nd</sup>, 2016, to guarantee t-shirt. Afterwards and including day of race registration is \$25, shirts while supplies last.

**FREE KID’S FUN RUN:** Ages 12 & under, will be held after the 5K, all kids will receive a small gift for participation.

**RACE PROCEEDS:** Race is benefiting the youth group and community outreach programs, including Schuylkill Valley Food Pantry

**OTHER EVENTS:** Pork dinners for sale and a vender fair will be taking place, come back after the race and check it out.

**MAKE CHECK PAYABLE TO “LCHT” & MAIL BELOW FORM TO RACE DIRECTOR:  
DIANA BIEHL, 4530 KUTZTOWN RD, TEMPLE, PA 19560.**

Any questions contact: [Fire11chick@aol.com](mailto:Fire11chick@aol.com) subject line “5K” or 484-256-0999

Optional Online Registration at [www.pretzelcitysports.com](http://www.pretzelcitysports.com) (nominal service fee applies, closes at midnight Wednesday, September 21, 2016)

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

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_ Race day age: \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ A.M. or P.M.? email \_\_\_\_\_ @ \_\_\_\_\_

Sex: M F Adult Shirt Size (circle one): S M L XL XXL Race (circle one): 5K Kids Fun Run

Number of children for childcare \_\_\_\_\_ Already Getting Emails from Pretzel City Sports Regularly? \_\_\_\_ Yes \_\_\_\_ No

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, The Lutheran Church of the Holy Trinity, 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 \_\_\_\_/\_\_\_\_/2016  
(Parent or guardian must sign for anyone under 18 years old)