

# FreshBurst Run Entry Form

Please return along with check made payable to : FRESHBURST RUN  
Mail to: FreshBurst Run c/o PARDA, 400 W. Lincoln Ave., Lititz, PA 17543

Name (Please use blocks)

First

Last

Address \_\_\_\_\_

City \_\_\_\_\_ State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Event: 5M Run \_\_\_\_\_ 5K Walk \_\_\_\_\_

Age as of August 20, 2011

Division: F \_\_\_\_\_ M \_\_\_\_\_

T-shirt size:

S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

## RELEASE FORM (MANDATORY)

I know that running and road racing are potentially hazardous activities. I will not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risk associated with running, but not limited to fall, contact with other participants, the effect of the weather, including high heat and humidity, traffic, and other conditions of the road all such being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application, I, for myself and anyone entitled to act on my behalf, waive and release J&J Group of Consumer Companies and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may be out of negligence or carelessness on the part of the person named in this/the waiver. I grant permission to all of the foregoing to use my photographs, pictures, recordings or any other record of this record of this event for any legitimate purpose.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian signature if under 18 years of age

FRESHBURST RUN/WALK  
c/o PARDA FEDERAL CREDIT UNION  
400 W. LINCOLN AVE.  
LITITZ, PA 17543

# 16th Annual



# FreshBurst 2011

Saturday,  
August 20, 2011

8:00 AM

5 Mile Run | 5K Walk

**Saturday,  
August 20, 2011**

**8:00 AM**

### RACE INFORMATION

Begins at the Johnson & Johnson Plant, located 7 miles North of Lancaster off Route 501.

### PRIZE MONEY

Awarded to the top 3 overall runners in the categories listed below:

	MALE/FEMALE	MASTERS (Over 45)
1st:	\$200	\$75
2nd:	\$100	\$50
3rd:	\$75	\$25

### AWARDS 5 MILE RUN

Age division awards given to the top 5 males and females in each age group listed.

14 & UNDER	40-44
15-19	45-49
20-24	50-54
25-29	55-59
30-34	60 Plus
35-39	

**\*\*No Duplicate Awards\*\***

### AWARDS 5K WALK

Awards will be given to the top 3 male and female. First place male & female \$25 each.

### RAFFLE PRIZES

Raffle prizes from local businesses will be awarded immediately following the race.

## Registration

Pre-registration must be postmarked by August 12, 2011

Packets available Friday, August 19 from 4:00 to 6:00pm and beginning at 7:00am on race day.

### FEES:

\$20 pre-entry with T-shirt, if postmarked by August 12, 2011 \$25.00 post-entry with T-shirt while supplies last (guaranteed to first 500 participants).

### POST ENTRIES:

Opens at 7:00 am and closes at 7:40 am on race day.

\*For more information on the FreshBurst Run, please go to [BFitnow.net](http://BFitnow.net) or friend us on Facebook

**[anne@bfitnow.net](mailto:anne@bfitnow.net)**

**717.203.2641**

### REFRESHMENTS & FOOD

Provided after the race from various vendors in Lancaster County.

## Directions

**From North (Lebanon):** Take 501 S., turn right on West Lincoln Avenue. J&J is approximately 1/4 mile on the left.

**From West (Harrisburg):** Take 283 E to Manheim exit 772. At the end of the exit turn left onto 772 E. Continue to follow 772 for 10 miles. J&J will be on your right.

**From South (Lancaster):** Take 501 N. Proceed north approximately 7 miles from Route 30 Interchange. One block past the intersection of 501 and 772 (General Sutter Inn) make a left at the traffic signal onto Lincoln Avenue. J&J is approximately 1/4 mile on the left.

**From East (Reading):** Take 222 S. to Brownstown exit. Turn right at exit onto Route 772 W. Stay on Route 772 W. to the center of Lititz. Turn right onto 501 N. Turn left at the next traffic signal (one block) onto West Lincoln Avenue. J&J is approximately 1/4 mile on the left.

Course Map

