

Salem United Church of Christ
Presents
Salem's Veteran Freedom Run/Walk
& Salem Sprint Kids 1/4 mile Run



Isaiah 40:31 - But those who trust in the LORD will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.

Saturday November 10, 2012 – 8 AM – Columbia, Pa.

LOCATION/REGISTRATION: Starts at Columbia High School, 901 Ironville Pike, Columbia, Pa. 17512. Registration/number pickup in gymnasium lobby, starting at 7:00 AM. 5K RUN/WALK at 8:00 AM Kids Salem Sprint 1/4 mile Run at 9:00 AM at church, 324 Walnut St. Columbia, Pa. 17512

COURSE: wheel measured course; Point to point. Traffic controlled. GREAT place to PR! Flat and downhill.

AMENITIES: T-shirt and “goodie bag” to all pre registrants of 5K; Kids run for ages 3-10 . “Goodie” bag for all kids run finishers. Refreshments for finishers, indoor toilet facilities (No showers), Runner’s baggage claim at finish line area, Time clock at finish and instant results. Held rain or shine. No refunds or mailed awards. Results on www.pretzelcitysports.com in 5-6 days.

AWARDS: Awards for the male & female overall winners: 3 male & 3 female age groups awards: 14 & under – 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+ Kids race awards to all runners.

ENTRY: For 5k: \$20 if postmarked or on line entry by October 20, 2012. Afterwards, inc. day of race, \$25 while shirts last, \$20 with no shirt. For kids run, \$7 (includes t-shirt) if postmarked or entry on line by October 20th. Afterwards, inc. day of race, \$10 while supply last. Race day registration for kids run to be CLOSED once we have as many kids’ entries as we have goodie bags, so please preregister if possible.

Active duty military run at no charge with military I.D. shown on race day.

MAIL CHECK PAYABLE TO “Salem United Church of Christ”. Mail to: Salem Untied Church of Christ, P.O. Box 429, Columbia, Pa. 17512. RACE

DIRECTOR: Steve Bowers (717) 361-8639 rlbsab@centurylink.net

Online Registration at www.pretzelcitysports.com closes midnight November 7, 2012

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

Last name _____ First name _____

Address _____

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

Race (circle one): 5K KIDS Sex: M F Phone: (____) _____ A.M. or P.M.??

Shirt Size (circle one): S M L XL email _____@_____

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 Salem United church of Christ and Pretzel City Sports 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 ____/____/2012

(Parent signature also if under 18 yrs of age) _____