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## 20th ANNUAL



# SATURDAY APRIL 7, 2012

5 K Walk 5 Mile Run





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PAID
LANCASTER, PA
PERMIT #299

### Saturday, April 7, 2012 25 & 10 Mile Rides — 7:30 AM Run & Walk — 9:00 AM

#### Race Information:

Begins at the Lititz Fire Company, six miles North of Lancaster, off Rt. 501, on W Main St.

#### **Prize Money:**

1st-\$300.00 2nd-\$100.00 3rd-\$50.00

Awarded to the top overall male and female 5 mile runners.

#### Awards: 5-mile run

Age division awards given to the top 3 male and female runners in each age group as listed below:

14 & under	35 - 39	60 - 64
15 - 19	40 - 44	65 - 69
20 - 24	45 - 49	70 & over
25 - 29	50 - 54	
30 - 34	55 - 59	(No duplicate awards)

#### Awards: 5-K walk

Awards will be given to the top 3 male & female walkers.

#### **Registration:**

Pre-registration must be post-marked by March 31, 2012 Packets available:

Friday, April 6—3-6:00pm @ Lititz Fire Co. Firehouse. Saturday, April 7—6:30 AM on race day.

#### Fees:

\$20.00 pre-entry with t-shirt - postmarked by March 31 \$24.00 post-entry with t-shirt while supplies last

#### Post Entries (Day of Race):

Riders: open @ 6:30 AM & close @ 8:00 AM. Runners: open @ 7:15 AM and close @ 8:45 AM.

For more information about the Egg Run or Ride:

call 1-(800)-233-0413 visit www.saudereggs.com

#### **DIRECTIONS TO RACE**

Please Note: West Main Street will be closed at 7:00am. Additional parking available at the Lititz Mutual Insurance Company or Warwick High School.

#### From North: (Lebanon)

Rte. 501 South (Broad St.) turn right onto West Main Street. After 7:00am, turn right onto Orange Street, then turn right onto Spruce Street for parking.

#### From West: (Harrisburg/York)

Follow Rte. 30 EAST to Rte. 501 North Exit. Go NORTH on Rte. 501 to Lititz (approximately 8 miles). Turn **LEFT** onto West Main Street. After 7:00am, turn left onto Orange Street, then turn right onto Spruce Street for parking.

#### From South: (Lancaster)

Take 501 North, Turn LEFT onto West Main Street, After 7:00am, turn left onto Orange Street, then turn right onto Spruce Street for parking.

#### All participants will receive omelets, fruit and water after the race.

#### **RACE ROUTE**

Start on Maple just west of the corner of Maple and Spruce. Follow Maple (which turns into Campus Drive at the Warwick Middle School) and turn right into driveway to Lititz Rec Center. Take immediate left into driveway into new Warwick Middle School Parking lot.

Go through parking lot following marked path and turn right onto Campus Drive.

Turn right off of Campus onto West Orange

Turn right onto Lime Rock Rd

Follow Lime Rock Road to Lexington Road

Turn left onto Lexington Road

Turn left onto Temperance Hill Road

Follow Temperance Hill Road - which tums into West Orange Street Turn left onto Campus from West Orange.

Follow Campus into Maple Street (do not take path through Middle School parking lot on the return).

Turn left onto Spruce Street

Turn Right onto Main Street

Race ends in front of Lititz Fire Company.

## Sauder's Egg Run, Walk & Ride Entry Form

Register online at www.SauderEggs.com OR Return this form with payment to: R.W. Sauder, Inc. c/o Lititz Fire Company Fund PO Box 427, Lititz, PA 17543

Name				
Address				
City	State	Zip Code		
Phone numb	oer			
Age as of April 7, 2012				
Email:				
Division:	M	F		
Event:	5-mi. Run	5-K Walk		
	10mi. Ride	25mi. Ride		
Circle t-shir	t si ze:S	_MLXL		

Release Form (Mandatory)

I know that running and road racing are potentially hazardous activities. I will not enter and run or ride 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 or riding including but not limited to falls, contact with other participants, the effect of the weather, including high heat and humidity, traffic, and the conditions of the road, all such risks - being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my application, I for myself and anyone entitled to act on my behalf, waive and release R.W. Sauder, Inc., the race committee, the town of Lititz, the Lititz Police Department, Lititz Borough, Warwick and Penn Townships, and any other and all other running-related clubs or organizations assisting at the event on race day, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of negligence or carelessness on the part of the persons named in the waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Participant's Signature	Date

Parent or Guardian signature (If under 18 years of age)