

CAFE 5K Run/Walk

Cocalico
community of
churches

Assisting
Families
Everywhere

Saturday,

May 24th @ 9am

Adamstown Pool

Registration begins at 8 am

FREE ½ Mile Fun Run
right after the race!

FREE Snacks
after the race!

**Proceeds Support; Homes of Hope, Community Meals, CACSM, Acts of Love,
REAL Youth Ministry, Power Packs Project, Peter's Porch, CROP walk**

Registration Fee before 5/9

\$ 10 Under 18 yrs.(w/o t-shirt)

\$ 15 Under 18 yrs. (w/ t-shirt)

\$ 17 for Adults (w/t-shirt)

Registration after 5/9 (t-shirts are only while supplies last)

\$15 Under 18 yrs (w/o t-shirt)

\$20 Under 18 yrs (w/ t-shirt)

\$23 for Adults (w/ t-shirt)

Registration can be done the day of the event. To Pre-register, make check payable to Cocalico Ministerium and mail it along with the section, below, to; **REAL YM, PO Box 22, Denver PA 17517**. For more information, contact Rod Redcay at 717-368-7133.



Prizes - top 3 Males & Females in the following: 0-14 15-19 20-29 30-39 40-49 50-59 60+

Optional Online Registration Available at www.pretzelcitysports.com

(nominal service fee applies, closes at midnight, the Wednesday before race day)

Name _____

Age (at time of Race) _____ Gender (M or F) _____

Address _____

City _____ State _____ Zip _____

Phone # _____

Size T-shirt (circle one) S M L XL XX none

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to REAL Youth Ministry, Cocalico Ministerium, participating churches, Stout's Brewery, all sponsors and those in their employ, Adamstown Borough, Lancaster County and all their representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running in this event including, but not limited to: falls; contact with other participants; the effects of the weather, including high heat and/or humidity; and the condition of the road; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event.

Signature _____ Date _____

(Parent Signature if under age 18)