Pain in the Butt 5K
Benefits the Lucas E. Malmer Memorial Scholarship Fund & American Cancer Society
Saturday, March 28th, 2015
5K Run/Walk at 9:00 am — Fun Run at 9:45 am

Location: Ephrata Church of the Brethren, 201 Crescent Avenue, Ephrata, PA 17522
Registration: Packet pickup & day of race registration begins at 8:00 am
Course: Flat, fast course; start in front of the church, run through Lincoln Heights and finish in front of the church. Strollers welcome.
Fun Run: ~Half mile run. All ages welcome. Begins after 5K is completed at approximately 9:45am.

Entry:
- 5K and Fun Run $20 per person by 3/7/15; $25 after (including day of race). Children under 10: $10 by 3/7/15, $15 after (including day of race). Register by 3/7/15 to guarantee race t-shirt!

Awards:
- 1st-3rd place overall M/F, 1st-3rd place M/F each age group 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

Water available on course. Food and drinks provided after race for all participants.

Questions: Contact Margeau Cream @ mcream1@yahoo.com or 717-725-0859 or Kim Malmer @ agilecockers@hotmail.com or 717-333-9507

Mail form below & check (payable to LEMMSF) to: Kim Malmer, 110 Hahnstown Rd, Ephrata, PA 17522

Online registration available at www.pretzelcitysports.com, small fee applies. Online registration closes at midnight on Wednesday, March 25th

Check out the Pain in the Butt 5K Facebook page at... https://www.facebook.com/pages/Pain-in-the-Butt-5K/1530542873852966

_____________________________________________*Please print clearly_*________________________________________

Last name: ____________________________________ First name: _______________________________________
Address: ______________________________________
City: __________________________ State: _____ Zip: __________________________
Age on race day: ______ Date of Birth: _______________ Male Female
Race: 5K Fun Run Email address: ________________________________

Shirt size: Youth: S M L Adult: S M L XL 2X 3X 4X

WAIVER: I know that running a race is a potentially hazardous activity. I should not enter or run unless I am medically able & properly trained. I also know that there will be traffic, fall hazards, debris, and poor footing on the course and assume the risk for running on it. 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 effects of the weather, the conditions of the roads and getting lost, 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, Ephrata Church of the Brethren, the Lucas E. Malmer Memorial Scholarship Fund, all municipalities in which the event is held, the race committee, volunteers, all other organizations directly or indirectly associated with the race, any or all sponsors including their agents, employees, assigns or anyone acting on their behalf, or anyone else associated in any way with this race, from any or all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event. This waiver extends to all claims of every kind or nature whatsoever; foreseen or unforeseen, known or unknown. Also, by entering this race, I am granting permission to the race committee to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation.

I HAVE READ & UNDERSTAND THIS: Signature X________________________ Date________________
(Parent or guardian’s signature if less than 18 years of age.)