



Jan's Daisy Dash Third Annual 5K Run/Walk

Date: Saturday: October, 22nd 2016

Time: 9:30 AM

Place: Cocalico High School Stadium
Denver, PA

Proceeds from this race will benefit **Jan's Circle of Friends**, which provides assistance to children in the local community affected by domestic violence or parental loss. Jan's Circle of Friends is a registered 501-C (3)

WHO: Runners/walkers of all ages; course is stroller and wheelchair accessible.

WHERE: Cocalico High School Stadium / 800 S. 4th Street – Denver, PA 17517. **Registration located on the stadium track. Enter at Middle School** at the back of the football stadium.

HOW: To register, complete the form below and submit with payment to Jan's Circle of Friends OR **register online** at www.janscircleoffriends.org or www.PretzelCitySports.com
Early registration fee of \$25 must be post marked by Oct. 3rd. All pre-registrants are guaranteed event T-Shirt. Entry fee is \$30 if received after Oct. 3rd or on race day. T-shirts while supplies last.

WHEN: Saturday, October 22nd 2016
8:00 – Registration Begins
9:30 – 5K Run/Walk Begins
10:15 – Award Presentation at track

RESULTS: Finish line and timing service by Pretzel City Sports.
Results posted on www.PretzelCitySports.com

AWARDS:
Chef Tim's Table (valued at over \$1,200) to top sponsored team –see attached form
Overall Male & Female – Medal & Prize
Medals presented to top Male & Female finishers in each of following age brackets:
14 & under, 15-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70+ years

REGISTRATION: Detach and return this form with a check made payable to **Jan's Circle of Friends**. Early registration fee of **\$25 MUST BE POST MARKED BY OCT. 3rd, 2015**. Registration received after 10/03 is \$30.

Name: _____ **E-mail:** _____

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

Age (on race day): _____ **Male/Female** _____

T-shirt size (circle one) Youth S M L Adult S M L XL XXL

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to Jan's Circle of Friends, Cocalico School District, the Borough of Denver, the Township of West Cocalico and those in their employ, the Counties of Lancaster, 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:** _____

Mail form & check or money order to: Jan's Circle of Friends – %Tia Stauffer. 149 Ebersole Rd. Ephrata, PA 17522