

The Lancaster Firebirds presents the 1st

Firebird 5k Trail Run

& 1 Mile Kids Fun Race

Saturday, Sept 24, 2016 8:15 A.M

LOCATION: Lancaster County Central Park, 1050 Rockford Rd, Lancaster, PA 17602,

RACE TIMES: 5k starts at 8:15 a.m., Kids 1 Mile Fun Race starts at 9:00 a.m.

REGISTRATION / Number Pick Up: opens at 7:00 a.m. Regular short sleeve T-shirt to all 5k pre-entries & race-day entries while they last. Rain or shine. No refunds or mailed awards.

ENTRY: 5k: \$25 if postmarked by Sat, Sept 10, 2016. Afterwards, plus race day, \$30 while shirts last, \$25 when gone.
Kids Run: \$10 if postmarked by Sept 10. Afterwards, including day of race, \$15. (Does not include T-shirt) Race day registration for kids run to be CLOSED once we have as many kids entries as we have finisher medals. Finisher medals awarded to all Kids Fun Run participants in place of T-shirts. ** Note: Kids participating in both the 5k & Fun Run must enter twice.

COURSE: Wheel measured course on mostly trails around the park. Clock at finish, refreshments, mile splits, instant results. Course is not Stroller friendly.

TIMING & RESULTS: Professionally timed by Pretzel City Sports.
Results to be posted the Monday following Race Day on www.pretzelcitysports.com

AWARDS: 5K: Overall 1st Male & Female and runner-ups plus:
Three deep Male & Female in the following age groups: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
1M Kids Race for 12 yrs old & under: Top 3 Males & Females overall

Optional online registration available on www.pretzelcitysports.com
(nominal processing fee applies, closes Wed, Sept 21st at midnight)

CHECK PAYABLE TO: LCY AHL & **MAIL w/ FORM TO:** Lancaster Ice Rink, 371 Carerra Drive Lancaster, PA 17602

Race Director: Scott Yoder **Phone:** 717-581-0274

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Circle one: 5K 1M Kids Fun Race Sex: M F Race day age: _____ Date of birth _____/_____/_____

Shirt Size (circle one) : S M L XL Phone: (____) _____ A.M. or P.M.??
circle one or both

NO SHIRTS FOR KIDS RUN ENTRIES-may be available for purchase that day

Email: (print clearly) _____

Already getting Pretzel City emails regularly? Yes No **WAIVER:** I know that running a trail 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, 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 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 Pretzel City Sports, Lancaster County Youth Area Hockey League, 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. By entering this race, I am granting permission to Pretzel City Sports 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 AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____

date _____/_____/ 2016