

## Age Group & Awards

Prizes awarded to Overall Male & Female Winner and Top Three Male & Female in each age group:

<u>Male</u>	<u>Female</u>
14 & Under	14 & Under
15-19	15-19
20-24	20-24
25-29	25-29
30-34	30-34
35-39	35-39
40-49	40-49
50-59	50-59
60-69	60-69
70 & Over	70 & Over

### ***Ephrata Rec Center's Mission Statement:***

***“To improve the quality of life by providing wholesome, affordable recreation opportunities to the citizens of the Ephrata area”***

## What's better than one 5K? Three 5Ks!



### **WIN CASH PRIZES!**

Compete in three local running events hosted by Ephrata recCenter, Hempfield recCenter, and Lititz recCenter for added challenge and extra cash prize eligibility in three divisions. One convenient \$65 registration covers all three events. Participants of all ages are eligible for Triple Crown registration and prize competition. **Top Male/Female Triple Crown King & Queen (\$100) and Runners-Up Male/Female (\$65) will be awarded in each division.**

5/29/23 **Memorial Day 5K @ Ephrata recCenter**

8/26/23 **Amos Herr Honey Run 5K  
Hempfield recCenter @ Amos Herr Park**

9/16/23 **Pretzel Twist 5K and Kids' Run  
Lititz recCenter**



ephrata  
recCenter

**5th Annual**

# Memorial Day 5K

**Monday, May 29  
8:00 a.m.**



130 S. Academy Dr. Ephrata  
717-738-1167  
ephratarec.com

# 5th Annual Ephrata Rec

# Memorial Day 5K

## Monday, May 29 8:00 a.m.

**Must register by May 10 to receive Race T-Shirt!**

Race Registration	\$\$	Deadline
Pre-Registration	\$25	Wed. May 10
After May 10/Day of	\$35	Registration opens 7:00 a.m. day of race

### Memorial Day 5K FAQs

- Pre-Race packet pick-up: Sun. May 28 12:00 pm - 2:00 pm
- Race Day Registration begins at 7:00 am at the Rec Center
- Race Location: starts on EASD Track
- Prizes will not be mailed

All proceeds go to Ephrata Rec Center Youth Programs.  
Contact Maria Rotella at 717-738-1167 x106 or maria@ephratarec.com for info

**Timing By Pretzel City Sports**

**Checks payable to Ephrata Rec Center  
Return to: Ephrata Rec Ctr.  
130 South Academy Dr.  
Ephrata, PA 17522  
Attn: Maria Rotella  
Pre-Register at the Rec or online at ephratarec.com or pretzelcitysports.com**

### Memorial Day 5K Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

DOB: \_\_\_\_\_ Phone: \_\_\_\_\_

Gender: M or F Age on Race Day: \_\_\_\_\_

**MUST REGISTER BY MAY 10, 2023 TO RECEIVE SHIRT**

T-shirt Size (Circle One) S M L XL XXL

In consideration of the acceptance of this entry, I, the undersigned, intending to be legal bound hereby, for myself, my heirs, executors, administrators and personal representatives, hereby waive and release any and all rights and claims for damages, illness, injuries or lessees which I have or which may occur to me against all race officials and organizations conducting or involved in this event including, but not limited to, the Ephrata Recreation Center, the Ephrata Church of the Brethren, the Ephrata Area School District and/or the Borough of Ephrata, their officers, directors, employees, representatives, successors, volunteers and assignees, that may result from my participation in this event. Further, I hereby grant full permission to the aforementioned person and organizations to use my name and/or picture in any newspaper, photography, video tape, motion picture, recording or any other account of this event for any purpose whatsoever. I understand the registration fee is non-refundable.

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Signature of legal Guardian required if under 18 years of age.