

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
40-44	40-44
45-49	45-49
50-54	50-54
55-59	55-59
60-64	60-64
65-69	65-69
70+	70+

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**

The poster for the 5th Annual Memorial Day 5K. It features a background of the American flag with stars and stripes. In the top left, the Ephrata recCenter logo is displayed. To the right of the logo, the text "5th Annual" is written in a large, bold, black font. Below that, "Memorial Day 5K" is written in a very large, bold, red font with a black outline. Underneath, "Monday, May 29" and "8:00 a.m." are written in a bold, black font. At the bottom, there is a photograph of several runners in motion, wearing bib numbers. Below the photo, the address "130 S. Academy Dr. Ephrata" and phone number "717-738-1167" are listed, along with the website "ephratarec.com".

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.