

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"

WANT TO TRIPLE THE FUN?

Enter the recCenters of Lancaster County Triple Crown 5K Series

Pay \$65 to register for all three 5K events:

Ephrata (May 26)

Hempfield (August 23)


Lititz (September 20)

Athletes are eligible for \$100 first place prizes and \$65 second place awards in three categories for top and runner up male and female: 17 and under, adult, and Master's (50+). Awards ceremony at last event, Sept 20. Registration deadline for Triple Crown 5K race series is May 11, 2025 for event shirts, May 26 for race entries (MUST be registered prior to start of first race). Participants must complete all three events in order to remain eligible for Triple Crown 5K prizes.

Participants are also eligible for individual event prizes. Events have option for individual event registrations, however only Triple Crown 5Ks registrants will be eligible for Triple Crown awards.




Register online at active.com or call 717.626.5096



7th Annual

Memorial Day 5K

Monday, May 26
8:00 a.m.



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

7th Annual Ephrata Rec

Memorial Day 5K

Monday, May 26 8:00 a.m.

Must register by May 12 to receive Race T-Shirt!

Race Registration	\$\$	Deadline
Pre-Registration	\$25	Mon. May 12
After May 13/Day of	\$35	Registration opens 7:00 a.m. day of race

Memorial Day 5K FAQs

- Pre-Race packet pick-up: Sun. May 25 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 Applied Race Management

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
<https://runsignup.com/Race/PA/Ephrata/2025MemorialDay5K>

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 12, 2025 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.