



# EMPOWER 5K

Saturday, May 30th, 2015 – 9:00 AM (Lancaster, PA) PH: 717-823-8154

**Location/Registration:** Starts at emPower Training Systems, 276 Granite Run Drive, Lancaster, PA 17601. Registration/number pickup at emPower Training Systems beginning at 7:00 AM Race Day. Starts and Finishes at emPower Training Systems in Lancaster. *Race Proceeds to Benefit "Go Beyond"* [<http://www.go-beyond.us/go-beyond>] **Amenities:** T-shirt guaranteed to all pre- registrants who enter by April 30th. Time clock at finish and instant results. Race will be rain or shine. No refunds or mailed awards. Results on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) in 1-2 days. **Cash Awards:** \$50 MASTERS for male & female. Top (3) male and female: \$100, \$75, \$50. **Plus Age Group awards:** Top 3 Male & Female in 9 and under, 10-14, 15-19, 20-29, 30-39, 40-49, 50+

**Entry Fee:** \$25 if postmarked by April 30th, includes shirt. Afterwards, including race day, \$30; shirt based on availability. Optional Online Registration Available at [www.pretzelcitysports.com](http://www.pretzelcitysports.com) (closes midnight Wed May 27th, nominal service fee applies) **Questions? Email us! [empower5klancasterpa@gmail.com](mailto:empower5klancasterpa@gmail.com)**

\*\*\*\*\*Please Print Clearly\*\*\*\*\*

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

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

City/State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Race day age: \_\_\_\_\_ DOB: \_\_\_/\_\_\_/\_\_\_ Sex : M F

Shirt Size (circle one): S M L XL e-mail: \_\_\_\_\_

Signature \_\_\_\_\_

Date: \_\_\_/\_\_\_/2015

**Race Proceeds to Benefit "Go Beyond"** <http://www.go-beyond.us/go-beyond>

**MAIL CHECK PAYABLE TO: EMPOWER 5K**  
ATTN: Stacey Wilson, EMPOWER 5K, 276 Granite Run Drive, Lancaster, PA 17601

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically and properly trained. I also know that there will be traffic on the course and assume the risk for running in traffic. 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, emPower Training Systems and any other 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. I HAVE READ AND UNDERSTAND THIS WAIVER (if under 18, legal guardian must sign).

