



SARCC presents the 8th Annual
Steps to Survival 5K Run/Walk & 1 Mile Kids Fun Run
Saturday, June 2, 2018

(9AM Rain or Shine)

Professional timing services by Pretzel City Sports
 Proceeds benefit SARCC of Lebanon County



TIME: Registration 8-9AM / 5k Run/Walk Begins at 9AM / 1 Mile Kids Fun Run Begins Approximately at 9:40AM

LOCATION: Lebanon Valley Rail Trail, Cornwall Trailhead, corner of Rt419/Cornwall Road in Root Beer Barrel Parking lot / **OVERFLOW PARKING:** Sacred Heart of Jesus Parish Church, 2596 Cornwall Rd, Cornwall

COURSE: Flat course, stroller friendly and dogs on leashes are welcome!

AWARDS: Ceremony to follow 5k - Medals to Top 3 Males & 3 Females per age group and overall Male & Female
AGES: 13 and Under; 14-19; 20-29; 30-39; 40-49; 50-59; 60-69, 70+

ENTRY:

- **5K:** \$20 Entry Fee and FREE T-shirt if postmarked (or paid online) by May 18, 2018
 - T-Shirts for **5K ONLY** are guaranteed if pre-registered by May 18, 2018
 - \$25 if not pre-registered by postmarked date, limited T-Shirts while supplies last
- **1 Mile Kids Fun Run (13 and under):** \$10 Entry Fee, prize for participants
Refreshments, Music, Raffles, and MORE! Fun for the whole family!
FIRST 100 REGISTERED RECEIVE A GOODIE BAG!

Mail check payable to "SARCC" and Return/Mail Registration Form below to:
 SARCC, PO BOX 836, Lebanon, PA 17042

ONLINE REGISTRATION AVAILABLE <https://www.pretzelcitysports.com/online-registration/>

Online registration - nominal service fee applies, closes at midnight, the Wednesday before race day

Each participant needs to complete a separate registration form

If you have questions, please call SARCC at 717-270-6972 ext. 350

DIRECTIONS: *From Palmyra, travel Rt422E, turn right onto Rt934/South White Oak Street in Annville, turn left onto Rt322, then turn left onto Rt419. Cornwall Trailhead is past Cornwall Elementary school just ahead on the left at the corner of Rt419 and Cornwall Road in the Root Beer Barrel parking lot. *From Lebanon, travel West on Cumberland St/Rt422, turn onto South 12th Street, turn left onto Colebrook Rd/Rt241, take first right onto Quentin Rd/PA72, turn left onto Rt419, Cornwall Trailhead is just ahead at the corner of Rt419 and Cornwall Road.

SARCC is a charitable non-profit organization. All donations for this event are tax deductible. A copy of the official registration and financial information may be obtained from the Pennsylvania Department of State by calling toll free within PA 1-800-732-0999. Registration does not imply endorsement.

REGISTRATION FORM

Last Name _____ First Name _____
 Address _____ City _____ State _____ Zip _____
 Email (print clearly) _____
 Circle One: 5K or 1M SEX: M or F Race Day Age: _____ Date of Birth ____/____/____
 Adult Shirt Size (5K ONLY): S M L XL 2XL 3XL Phone: () _____ - _____
 I am unavailable to participate, but I would like to donate \$ _____.

Waiver & Photo Release: I hereby waive all claims against SARCC, race officials, and volunteers, any and all sponsors, and all their representatives and successors from any injury or liability I might suffer in this event. I attest I am physically fit and prepared for this event. I assume all risks associated with running in this event including, but not limited to; falls, contact w/other participants; the effects of the weather, including high heat and humidity; condition of the trail, etc. I grant full permission for organizers to use my name and/or pictures in legitimate accounts and promotions of this event.

Signature X _____ Date _____