



SARCC presents the 6th Annual
Steps to Survival 5K Run/Walk and 1 Mile Fun Run
Saturday, May 3, 2014 (Rain or Shine)

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

TIME: Registration 8-9AM - 5k Run/Walk Begin Promptly at 9AM – 1 Mile Fun Run Begins at 9:40AM

LOCATION: Lebanon Valley Rail Trail, 80 Rocherty Road, Lebanon, behind Lebanon Expo Center and Fairgrounds / Use the second entrance coming from the West on Rocherty Road - SIGNS WILL BE POSTED

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

AWARDS: Ceremony to follow Fun Run. Medals presented to Top 3 Males & Females per age group.
Ages: 0-18; 19-29; 30-39; 40-49; 50-59; 60-69, 70+

ENTRY:

- **5K: \$20 if postmarked by Saturday, April 18, 2014**
 - **Dri-fit T-Shirts for 5K ONLY are guaranteed if pre-registered by postmarked date \$25 if not pre-registered by April 18, 2014**
- **1 Mile Fun Run: \$10 (Includes Custom Dog Tag Necklace)**

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 IS AVAILABLE ON WWW.PRETZELCITYSPORTS.COM

Each participant needs to complete a separate registration form
 If you have questions, please call SARCC at 717-270-6972 ext. 350



DIRECTIONS: Directions to Lebanon Valley Expo Center & Fairgrounds:

From the PA TURNPIKE West to Lebanon-Lancaster Exit #266. Take Route 72 North, approx. 5 miles to the 2nd traffic light. (Rocherty Road) Turn RIGHT onto Rocherty and drive thru the next traffic light. The Lebanon Valley Expo is on the right hand side.
FROM THE WEST From the PA TURNPIKE East to Lebanon-Lancaster Exit #266. Take Route 72 North approx. 5 miles to 2nd traffic light. (Rocherty Road) Turn RIGHT onto Rocherty and go thru next traffic light. The Lebanon Valley Expo is on the right hand side.
FROM LANCASTER COUNTY- Take Route 30 to 72 North - OR - Route 322 to 72 North. You will pass the Quentin Horse Riding Club on the right. Go to next Traffic light (Rocherty Road). Turn RIGHT onto Rocherty and go thru next traffic light. The Lebanon Valley Expo is on the right hand side.
FROM THE NORTH Access PA Route 72 South thru Lebanon, turn LEFT onto Rocherty Road (Sheetz Service Station on the corner). Go thru next traffic light and the Lebanon Valley Expo is on the right hand side.

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 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 _____