

More Than Meals & Beds 5K

Friday, January 1, 2027 10 AM @ Lebanon Expo Center

LOCATION: Lebanon Valley Exposition Center and Fairgrounds, 80 Rocherty Road, Lebanon, PA 17042. Race will begin near the center of the fairgrounds.

REGISTRATION: Registration begins at 9:00 AM, 5K begins at 10:00 AM. Registration will take place at the Wenger Pavilion in the center of the fairgrounds.

COURSE: Fast & flat course. Race will leave the fairgrounds area and run a portion of the rail trail and back. Rain, snow, or shine. No refunds or mailed awards.

AMENITIES: Long sleeve T-shirt for all registrations postmarked or received by December 7, 2026. Refreshments for finishers, indoor bathrooms available, plenty of parking.

AWARDS: 1st and 2nd Overall Male and Female, plus: **13 & under:** 2M, 2F **14-19:** 2M, 2F
20 – 29: 2M, 2F **30 – 39:** 2M, 2F **40 – 49:** 2M, 2F **50 – 59:** 2M, 2F **60 – 69:** 2M, 2F **70+:** 2M, 2F

ENTRY: \$35, including shirt, if postmarked by December 7, 2026, \$40 afterward including race day, shirts available while supplies last.

Optional Online Registration Available at www.pretzelcitysports.com

(Nominal service fee applies, closes at midnight the Tuesday before race day)

RACE DIRECTOR: Rebekah Sanders, (717)926-4268, rsanders@lebanonrescuemission.org
more info at www.lebanonrescuemission.org/5K

MAKE CHECKS PAYABLE TO “**LEBANON RESCUE MISSION**”

MAIL CHECK & FORM BELOW TO: LEBANON RESCUE MISSION, ATTN: REBEKAH SANDERS
P.O. Box 5, LEBANON, PA 17042

.....Please Print Clearly.....

Last name _____ First name _____

Address _____ City _____

State _____ Zip _____ Race day age _____ Date of birth ____/____/____

Sex: M F Phone number (____) _____ Shirt Size (circle one): YL YXL S M L XL XXL

Email (print clearly) _____

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be traffic on the course and assume the risk of 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 effects 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 Sports, the Lebanon Rescue Mission, any 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 whatsoever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to Pretzel City Sports to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____

date ____/____/ 20____