



# 5K PEACE OF CAKE

## RUN & 1 MILE WALK

**WHO:** Runners and walkers of all ages. Gather your family, friends and coworkers in support of peace work.

**WHAT:** The first annual **PEACE of Cake 5K Run and 1 Mile Walk** supports the CCP's Restorative Justice programs that change lives, enhance the quality of life, and help to make your community safer.

**WHERE:** Lancaster Catholic High School Stadium at 634 Stadium Rd, Lancaster, PA. Enter the stadium area by using Stadium Road or Clearview Ave. Both roads are accessed from Pleasure Road which is off of Oregon Pike south of Route 30.

The Run will meander through the tree-lined nearby neighborhood. Walkers will enjoy a nice stroll on the stadium track, completing 4 loops for the 1 mile walk. Afterward, everyone will enjoy a **"piece of cake"**

**WHEN: Saturday, August 9, 2014**

7:30-8:15 A.M. – Registration

8:30 A.M. – Run begins

8:35 A.M. – Walk begins

9:30 A.M. – Award Presentations

**COST: \$25.00** per person to run or walk.

**AWARDS:** This is a timed-event for the 5K (but not for the 1 Mile Walk). Awards will be given for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place finishers for male and female winners, plus ages: 18 & under; 19-29; 30-39; 40-49; 50-59 and 60+.

**Frequently Asked Questions:** visit [www.ccp.org](http://www.ccp.org)

**HOW:** To register, go to [www.ccp.org](http://www.ccp.org), and click the link to the registration form, which will take you to Pretzel City Sports web site (\$3.24 service charge). Or, complete the form below and mail it with a \$25 check/money order payable to CCP at CCP, 53 N Duke St, Suite 303, Lancaster, PA 17602. **Register by August 1 to receive a free T-shirt**

**T-shirt** (circle one): **Adult** S M L XL **Youth** M

Day of Run Registration - 7:30 A.M. to 8:15 A.M.

Run results posted on [www.pretzelcitysports.com](http://www.pretzelcitysports.com)



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

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

Age (on run day) \_\_\_\_\_ Date of Birth \_\_\_\_ / \_\_\_\_ / \_\_\_\_

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 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 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 Center for Community Peacemaking and 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 what so ever, foreseen or unforeseen, known or unknown. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign) !

**Signature** \_\_\_\_\_ **Printed Name** \_\_\_\_\_ **Date** \_\_\_\_ / \_\_\_\_ 2014.  
(Parent's or guardian's signature and name if less than 18 years of age.)