



RUN THE RAILS

a 5k/10k event to benefit the
Morning Star Community Fund

ENOLA LOW GRADE TRAIL
171 FAIRVIEW ROAD
NEW PROVIDENCE, PA
17560

Saturday, May 26th, 8am

*Join us for this family fun event
designed for the seasoned
runner or the New Year's
Resolution runner –
all are welcome here!*

morningstarllc.org
717-806-5050

Registration:	7:00-7:45 AM
5K Race:	8:00 AM
10K Race:	8:00 AM

Morning Star Community Fund

*The Morning Star Community
Fund enables clients to receive
services who could not
otherwise afford it. Many of the
reasons people seek counseling
are also causes of economic
difficulties, so we are grateful to
be able to help clients who really
need it.*

We would love your support!

For more information, contact:

Morning Star Counseling
200 S. Church Street
Quarryville, PA 17566
717.806.5050
admin@morningstarllc.org



RUN THE RAILS

May 26th, 2018

Enola Low Grade Rail-Trail

Entrance:
171 Fairview Road
New Providence, PA 17560

Registration: 7:00-7:45 AM
5K Race: 8:00 AM
10K Race: 8:00 AM

Results will be posted at www.pretzelcitysports.com
Event timed by Pretzel City Sports

Photos posted at :
Morning Star Counseling Facebook Page

Awards follow each race
1st Overall Male & Female
Top 3 M & F in 14 & Under
15-19, 20-29, 30-39, 40-49, 50-59, 60+

Dri-fit short sleeve shirts (unisex sizing) are available for all pre-registered runners. *Shirts available on race day while supplies last.*

Walkers and Strollers are Welcome

Held rain or shine!

EVENT DETAILS:

This is a fundraising event for Morning Star Counseling's Community Fund which helps supplement costs of counseling for families who can't otherwise afford it.

LOCATION/REGISTRATION/PARKING:

Begins on the Enola Low Grade Rail-Trail entrance at 171 Fairview Rd, New Providence, PA 17560. Parking, registration and number pickup at New Providence Church of God (269 Cinder Road, New Providence, a short walking distance from race start) beginning at 7am that day. All events begin at 8am.

COURSE:

Taking place on the Enola Low Grail Rail-Trail: cool, flat and shaded with glimpses of the beautiful Southern Lancaster County farmland. This is an out and back course for all ages and skill types.

AMENITIES:

T-shirt (dri-fit) available for purchase while supplies last (in adult sizes only), "goodie" bag for all finishers. Refreshments available for participants, parking, time clock at finish and instant results. Refreshments include Bruster's Water Ice, Turkey Hill Iced Tea and much more! Held rain or shine. No refunds or mailed awards. Results on www.pretzelcitysports.com in 1-2 days.

ENTRY FEE:

For 5k/10k? \$30 if postmarked by May 15, 2018.
Entry with T-shirt? \$38. Day of race entry, \$40

Optional Online Registration Available at
www.pretzelcitysports.com/online-registration/

Nominal service fee applies, closes at midnight, the Wednesday before race day

Our website

www.morningstarllc.org/run-the-rails-5k-10k/

(one name per entry form)

Name _____

Address _____

City _____ State _____ Zip _____

E-Mail _____

Phone: _____ Age on 5/26/18 _____

Note: Both races start together and end together. Feel free to change your distance any time regardless of which distance you put on the registration below.

Event : (Circle one) 10 K 5 K

Shirt Unisex (Circle one) Shirt size: S M L XL

Amount Enclosed (Circle one):

\$30 Postmarked by 5/15/18

\$38 Postmarked by 5/15/18 **with shirt**

\$40 After 5/15/2018 & Race Day **(no shirt)**

_____ Total Enclosed

MAKE CHECK PAYABLE TO:
Morning Star Counseling

MAIL TO:
200 S. Church Street
Quarryville, PA 17566

I know that participating in a race is a potentially hazardous activity. I should not enter unless I am medically able to participate. I also assume any and all risks associated with participating in this event, including but not limited to falls, contact with other participants, the effects of the weather, traffic and the condition of the roads. In consideration of accepting this entry, I hereby waive for myself and my heirs all rights and claims for damages I may have against the Quarryville Running Club or Morning Star Counseling LLC, and all other sponsors, volunteers, their agents or representatives arising out of, or in the course of, my participation in this event. I also give permission for the free use of my name and picture in any broadcast, telecast or print media account of this event.

Signature _____

Date _____