

Londonderry Township and Local Conservation Partners present the 1<sup>st</sup> ...

# Conewago Darter 5k Run/Walk

## 1-Mile Fun Run & Field Day for Clean Water Elizabethtown, Pennsylvania

**Sunday, April 2, 2023 10:00 A.M**

**WHO:** Runners & Walkers of all ages and abilities are welcome to participate in either the 5k event or 1-mile distance event. Bring your family, friends and co-workers out to support clean water in the Conewago Creek Watershed. The course is stroller and wheelchair accessible.

**WHAT:** 5k Race, 1-mile Fun Run, and Community Field Day to raise money and awareness for Clean Water Projects in the Conewago Creek Watershed.

**WHERE:**

**5k Race:** Park at 2771 N Market Street, Elizabethtown, PA 17022, near the Finish line by 9:25, you will then board a bus to transport to the start line at Old Trolley Line park - 475 Beverly Road, Elizabethtown. You will race your way back to the Finish Line at the Route 230 trailhead, where your cars are parked a short distance away.

**1-mile Fun Run/Walk.** Park and register at 2771 N Market Street, Elizabethtown, PA 17022, and follow signs to the trailhead. The fun run is an “out and back” race. Fun Run/Walk is not timed and does not include awards.

**WHEN:** April 2nd, 2023

9:00 – 9:50 a.m. – Registration at Old Trolley Line Park  
 9:30 a.m. – Last Bus leaves Registration Site for Start line.  
 10:00 am - 5k Run starts from Old Trolley Line Park  
 10:45 am - 1 Mile Fun Run /Walk begins at 2385 N. Market St  
 11:00 a.m. – Award presentation at finish line

**Optional Online Registration Available at:**  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)

(Nominal service fee applies.  
 Closes at midnight on Wed. 03/29/23)



**10:00AM 5K / 10:45 Fun Run**

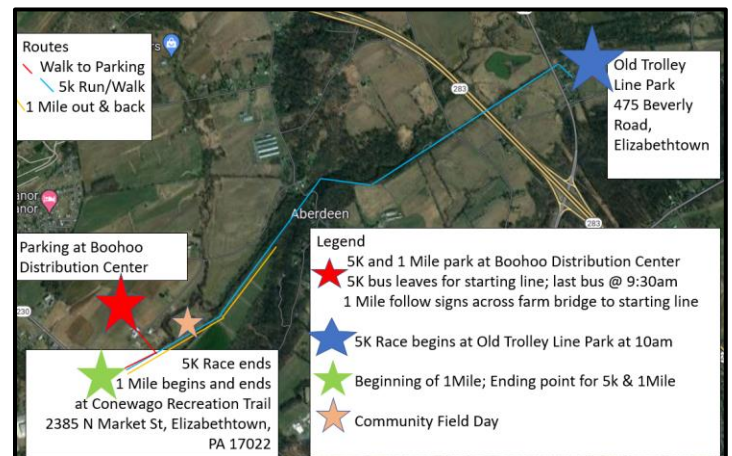
**Entry Fee for 5k or 1 Mile Fun Run/Walk:** \$27 if registered by March 15<sup>th</sup> \$32 after that date and day of race registration.

**5k AWARDS:** Trophy to Overall Male and Female Champion. Prizes presented to top three (3) Male and three (3) Female finishers in each of the following age brackets: 14 and under, 15-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70+ years. No mailed awards.

**QUESTIONS:** Monique Dykman, 717-461-0027, or email [MDykman@LondonderryPA.org](mailto:MDykman@LondonderryPA.org)

**RESULTS:** Finish line and timing service by Pretzel City Sports. Race Results will be posted on [www.pretzelcitysports.com](http://www.pretzelcitysports.com)

*Bathrooms available at Start and Finish lines*



### Mail in Registration

**Checks payable to “Londonderry Township MS4” 783 S Geyers Church Road Middletown, PA 17057**

Detach and mail. Include \$27 early registration fee by March 15<sup>th</sup>. After March 15<sup>th</sup> registration fee \$32. Please do not mail registration form with payment after March 27<sup>th</sup>, due to mail delivery time. Race day registration will be available

Name: \_\_\_\_\_

Event (circle one): 5k RUNNER 1-Mile Fun Run

Address: \_\_\_\_\_

**5k only: I plan to ride the provided bus to the start line**  Yes  No

Phone: \_\_\_\_\_

Gender (circle one): Male Female Age on 4/2/23 \_\_\_\_\_

Email: \_\_\_\_\_

Race Fee  \$27 **Donation to Clean Water Projects \$** \_\_\_\_\_

**WAIVER/RELEASE:** I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to Conewago Darter, Londonderry and Mount Joy Townships, Lancaster County Parks and Recreation and those in their employ, and all their representatives and successors from any injury or liability I might suffer in this event. I attest that 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 with other participants; the effects of the weather, including high heat and/or humidity; and the condition of the road; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event.

Signature X \_\_\_\_\_ Date \_\_\_\_\_ (Parent or guardian's signature if less than 18 years of age.)

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# Conewago Darter

Sunday, April 2nd, 2023

## Field Day for Clean Water

10:00 A.M – 1:00 P.M.

&

## 5k Run/Walk – 1 Mile Fun Run

10:00AM 5K - 10:45 Fun Run

Conewago Recreation Trail

## Elizabethtown, Pennsylvania

Join local Conservation Partners to celebrate the Conewago Creek!

Park at 2771 N Market Street, Elizabethtown, PA 17022 and follow signs to the event.

- Help to **plant 50 trees**
- **Learn** about **water quality monitoring efforts** and results
- Food from The Chubby Unicorn food truck
- **Tour** an ongoing **stream restoration**
- Connect with conservation professionals to discuss local water quality issues
- **Identify macroinvertebrates** & learn how they support **fish** populations
- Enjoy time outside!



MANADA CONSERVANCY



Land Studies

Master Watershed Steward Program



LANCASTER COUNTY CONSERVATION DISTRICT



LANCASTER COUNTY CONSERVATION DISTRICT



Donegal Trout UNLIMITED

Thank you to our event funders: The Lancaster Clean Water Partners/Lancaster Community Foundation & Keep Pennsylvania Beautiful Healing the Planet Grant, with support from The GIANT Company.



AN EMPLOYEE-OWNED COMPANY



To register for run/walk:

