

Entry Form

Check payable to Lititz recCenter

Mail to: Lititz recCenter c/o Tracie

301 West Maple Street

Lititz, PA 17543

or register @ www.lititzrec.com



Name _____

Address _____

City _____ State _____

Zip Code _____ Date of Birth: _____

Email: _____

Phone #: _____

Age as of Sept 21, 2024: _____

Circle Division: Male Female

Registration: Pre-Reg. by 9/10 Post-Reg. 9/11-9/19

5K Run	\$25.00	\$30.00
5K Walk	\$25.00	\$30.00

Total: \$ _____

Team Name (if applicable): _____

Circle Adult T-shirt size: SM MD LG XL XXL

Circle Kids T-shirt size: YM YL AS

**Registration by 9/10 guarantees receipt of race shirt .
(after 9/10 while supplies last)**

Release Form (Mandatory)

In consideration of my participation in the Lititz recCenter Pretzel Twist Run, I hereby for myself, my administrators, heirs and assigns issue and release all claims for damage against the organizers of this event. I further state that I am in proper physical condition to participate in the event. I also permit the use of the aforementioned person's name and/or picture in media format for promotional purposes by the organizers.

Participant's Signature _____ Date _____

 **lititz** recCenter
301 W. Maple St.
Lititz, PA 17543

49th Annual Pretzel Twist

**Saturday,
September 19, 2026
8:00 am**

5K Run/Walk

Team Challenges!



**Kids Mile Run
@ 7:45 am**


lititz
recCenter

Information

Race Information

The Pretzel Twist 5k begins and ends at the Lititz Springs Pool. Showers & restrooms are available. Proceeds benefit the Youth Programs and Activities at the Lititz recCenter. Goodie bags will be provided to each racer and must be picked up on morning of race. All participants will receive free refreshments after the race.

Awards for 5k Run

Awarded to the top overall male & female runners

1st place - \$100.00

2nd place - \$75.00

3rd place - \$50.00

Master's (40 & over) 1st place - \$50.00

**No duplication of awards*

Age division awards will be given to the top 3 male & female runners in each age group below.

14 & under	35-39	55-59
15-19	40-44	60-64
20-24	45-49	65-69
25-29	50-54	70+
30-34		

No awards will be given for the walk.

Registration

Registration must be post-marked by September 10, 2026 to guarantee receipt of t-shirt. (After date, while supplies last.)

Register online at www.lititzrec.com or mail in form.



Team Challenge - Register your team of at least 4 runners to compete in the Pretzel Twist Team Challenge. Prizes awarded to top all male, top all female, and top mixed teams (2 men & 2 women). Cross Country scoring will be used for the first 4 finishers of each team in each category.



Corporate Team Challenge- Register you team of runners. Team with the most registration will win a prize. Contact Ron Stief
ronstief@lititzrec.com or 717-626-5096 ext. 229 for details.

Race Day Registration 7AM-7:45AM

September 19, 2026

*Race starts at 8:00am (Kids
run starts at 7:45am)*

Parking at the Lititz recCenter
Over flow at Warwick High &
Middle School

Sponsors

Thanks to our Main Sponsors!



**ROCK IT
CARGO** EST. 1978

In Memory

This race is in memory of Phares "Red" Wilson. Red started the Pretzel Twist 49 years ago to bring runners of the community together and to help the Lititz recCenter. All proceeds benefit the Youth Programs and

Honorary Chairman

Lititz Mayor Tim Snyder



www.lititzrec.com

717-626-5096