

2<sup>nd</sup>  
Annual



## 5K Run and Walk & Kids Fun Run

Sunday April 12, 2015

Penn Manor High School

### 5K at 1pm and Kids Fun Run at 2:15pm

**LOCATION:** The 5K race is a rolling, road course and will begin along the goal line on the track facing the residential side outside of the West Gym at Penn Manor High School. Participants will run part of the track exiting at the lower gate and making a left onto Model towards the PMHS Campus. The route will loop around the campus back to Model to make a Left onto High School Avenue. Participants will follow High School Avenue to Pucillo Drive, making a left onto Pucillo and following past Biemesderfer Stadium to the intersection of Creek Drive (WATER STATION). Participants will follow Creek Drive to Centennial Drive. Participants will run through Millersville University campus from Residence Hall Drive, alongside Harbold Hall and on the sidewalk between the Student Memorial Center and Gordinier Hall onto James Street to S. George Street to make a right onto Ann Street crossing over E. Frederick Street onto High School Avenue following HS Avenue back to Model Ave, making a left onto Model and entering the track at the upper gate by West Gym. Participants will run the track about 3/4 finishing at the 50 yard line alongside Model Avenue.

The Kids Fun Run will take place on the track 4 and under will run  $\frac{1}{4}$  of the track; 5-7 will do  $\frac{1}{2}$  the track; 8-10 yrs old will run the full 1/4 mile track.

**AWARDS:** Top male and female overall \$100 Tanger Gift card plus Top 3 local gift cards and medals: 14 and under; 15-24 years old; 25-34 years old; 35-44 years old; 45-54 years old; 55yrs +; **Kids Fun Run:** All Kid Fun Run participants receive a medal and Top 3 runners in each age group will receive an additional award.

**ENTRY:** 5K \$30 and Kids Fun Run \$15, early bird discount of \$5 per entry when registered by 2/13/2015. Entry includes t-shirt, goodie bag, and after race refreshments. Kids Fun Run entries receive both tshirt and medal!! All Entries received by **TUESDAY MARCH 31** are guaranteed a tshirt!!!

**OPTIONAL ONLINE REGISTRATION** on [www.LancasterCountyChildrensAlliance.com/events](http://www.LancasterCountyChildrensAlliance.com/events) (Closes Wednesday April 8, 2015)

Make check payable to "LANCASTER COUNTY CHILDREN'S ALLIANCE" Send Check and Form to: Lancaster County Children's Alliance 628 North Duke Street Lancaster, PA 17602 Race Director: Kari Stanley (717)544-7972 [knstanle@lghealth.org](mailto:knstanle@lghealth.org) (best way to contact)

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

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_ Gender: M F

Age on Race Day: \_\_\_\_\_ DOB: \_\_\_\_\_ T-shirts are gender specific Youth: \_\_XS \_\_S \_\_M \_\_L \_\_XL

Women: \_\_XS \_\_S \_\_M \_\_L \_\_XL \_\_XXL Men: \_\_XS \_\_S \_\_M \_\_L \_\_XL \_\_XXL \_\_XXXL

**WAIVER:** I understand that participating in the Lancaster County Children's Alliance Run With Courage 5K Run/Walk and Kids FunRun (the "Event") is a potentially hazardous activity. I and/or my dependent(s) am (are) voluntarily participating in the Event with knowledge of the potential danger involved and hereby agree to accept any and all risks of property damage, personal injury, or death. I acknowledge that I and/or my dependent(s) am (are) adequately trained to participate in the Event and will abide by any decision of an Event official relating to my and/or my dependent's ability to safely complete the Event. I, on behalf of myself and/or my dependent(s), further acknowledge and assume all risks associated with the Event, including but not limited to, negligence, personal injury, wrongful death, reckless conduct of the participants, and course conditions. In consideration of my participation, I, on behalf of myself and/or my dependent(s), agree to indemnify, defend and hold harmless the Lancaster County Children's Alliance, Lancaster General Health, Lancaster General Hospital, and their respective affiliates, subsidiaries, directors, employees, and agents, all sponsors of the Event, and their respective representatives, agents and successors, as well as all Event volunteers, from and against any and all claims, liabilities, damages, expenses, causes of action, suits, claims or judgments arising out of or relating to the Event, the Event course or any other aspect of the Event. I understand that if I and/or my dependent(s) do not participate in the Event or the Event is cancelled for an reason whatsoever, any expenses incurred, entry fees or additional contributions paid by me to participate in the Event will not be refunded. Further, I authorize the use of any photography or videos taken of me and/or my dependents(s) before, during, or after the Event for legitimate purposes by the organizers and sponsors of the Event.

SIGNATURE: \_\_\_\_\_ Date: \_\_\_\_\_

Application may be duplicated

