

RUN FOR THE PARK 5K CROSS COUNTRY CHALLENGE & 1 MILE FUN RUN / WALK (Rain or Shine)

August 8, 2009
Hanover, PA

Benefits West Manheim Township Park

Sponsors Supporting Race

Please choose to support sponsors who have chosen to support you,
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Organized by South Penn Road Runners Club & West Manheim Township Park & Recreation Board

Permission granted to duplicate form

First: _____ M.I _____ Last: _____ Event: 5K Mile
 Street: _____ City: _____ State: _____ Zip: _____
 Phone #: _____ e-mail: _____ Shirt size: YS YM YL S M L XL
 Age on Race Day _____ Date of Birth: _____ Gender: M F

Release and Waiver: Please read and sign. If under 18, parent or guardian must sign. I know that running a race is a potentially hazardous activity and I should not enter and run unless I am medically able and properly trained. I am aware of and assume all risks, including, but not limited to effects of weather (including high heat and humidity), traffic, course conditions, falls, and contact with other participants. Having read this waiver, knowing these facts and in consideration of your accepting my entry, I, for myself, and anyone entitled to action on my behalf, waive and release West Manheim Township, West Manheim Township Park and Recreation Board, South Penn Road Runners, St. Bartholomew United Church, any other event organizers, volunteers, and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event, even though such liability may arise out of negligence or carelessness on part of the persons named in this waiver. I understand bikes, strollers of any kind, animals, or radio headsets are not allowed in the races, and I will abide by this guideline. I grant permission to use any photographs, videotapes, motion pictures, website images, recordings or any other record of this event.

Signature: _____ Date: _____

EVENT & DATE: (Rain or Shine)
 Run For The Park Cross Country Challenge
 August 8, 2009

TIME & SCHEDULE
 Registration 7:15 - 8:10 a.m.
 5K Run/Walk 8:30 a.m.
 1 Mile Fun Run/Walk 9:10 a.m.*
 Awards/Random Prizes 9:40 a.m.*
 * approximate time (may be sooner)

LOCATION
 St. Bartholomew's United Church, 1204
 Grand Valley Road, Hanover PA 17331

Parking and registration at the church.
 Start/finish is 1/2 mile away from the church.
 Please allow yourself enough time to get to the start. Use roadway or field pathway as a warm up to the start.

RACE INFORMATION
 Jeff Klenk, Race Director
 Phone: 717-633-5361
 Email: jdklenk@embarqmail.com
 Website: www.BuildThePark.com

COURSE DESCRIPTION
5k: On property of the upcoming park. Open scenic country side, spectator friendly (see majority of the race). Challenging first half and speedier second half. Modest inclines, grass fields, and dirt trail in wooded area.

Mile: Never ran cross country and want to try, or unsure what it is? Then this is for you. Part of the 5K course. Trail in woods, one uphill, one downhill, and the majority is flat.

AMENITIES
 Restroom(s) available at registration area and at the course. Post race refreshments for participants.

ENTRY FEES
 Pre-registration – Postmarked on or before July 23

5K - \$15 Mile - \$10
 After July 23 and Race Day
 5K - \$20 Mile - \$12

T-shirts guaranteed only to individuals who pre-register.

PAYMENT - No Refunds
 Complete the attached entry form and make checks payable to **West Manheim Township Park**, and mail to:

Run For The Park
 c/o Jeff Klenk
 12 Lisawood Court
 Hanover, PA 17331

AWARDS (must be present to receive)
5K (male/female)
 Overall Winners - \$ 50 and award
 1st place adult age groups (20+ & >) - \$20
 1st place youth & adult age groups – Award
 2nd place adult age groups (20+ & >) - \$10
 2nd and 3rd place all age groups – Medals
 Age Groups (10 and under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60+)

Mile – Award to overall male and female and medals to all youth finishers.

Random prizes: Local & chain restaurant gift certificates. Movie Passes

BENEFITS THE PARK
 West Manheim Township purchased 113 acre farm to use as a community park. The land was purchased using grants and recreation fees paid by developers. After the

purchase, the West Manheim Township Park & Recreation Board was established as a non-profit organization to oversee fundraising and construction of the park. A master plan was developed and consists of seven phases, each costing about one million dollars. The park will include disk golf, skateboarding area, ball fields, playgrounds, amphitheater, BMX course, picnic areas, and trails. Construction and maintenance relies on grants, donations, and fundraisers. No tax dollars are to be used. Currently there are trails for hiking, running, and/or mountain biking. Construction is to start this year on some ball fields, pavilions, and parking.

DIRECTIONS
 Coming from west on Rt. 116, 194, 30 or from east on 30. Turn onto 94 S (Carlisle/Baltimore St). Continue until you come to Shorbs Hill Rd (West Manheim Township Bldg on left). Turn right onto Shorbs Hill Rd. See below

Coming from east on Rt 116; come to & turn left onto Grandview Rd (Hanover Foods on right). Take left onto Grandview Rd; come to 94 (Tom's Exxon). Take left onto 94 S (Baltimore St). Come to Shorbs Hill Rd (West Manheim Township Bldg on left). Turn right onto Shorbs Hill Rd. See below

Coming from south on Rt. 30 Maryland. MD 30 turns into 94 N (Penna.). Come to Shorbs Hill Rd (West Manheim Township Bldg on right). Turn left onto Shorbs Hill Rd. See below

From Shorbs Hill Rd. At end of Shorbs Hill Rd turn left onto Impounding Dam Rd. Go 1.2 miles & take right onto St. Bartholomew Rd. Church is on right at the end of St. Bartholomew Rd.