



# "RUN FOR THE HEALTH OF IT" 5K

3rd ANNUAL 5K Run/Walk to benefit Elizabethtown Area Communities that Care

Hosted by the Mind & Body 10.0 & 11.0 class at EAHS

Saturday, May 18<sup>th</sup>, 2019 - 9am

**RACE LOCATION:** Elizabethtown Area High School

**ADDRESS:** 600 East High Street, Elizabethtown, PA

**PARKING:** Spacious parking lot next to football stadium & tennis courts (clean restrooms adjacent)

**COURSE DESCRIPTION:** 3.1 miles of pavement, grass, and compacted dirt/gravel paths.

**PROCEEDS:** Benefits **ELIZABETHTOWN AREA COMMUNITIES THAT CARE**, a community-based, private, non-profit organization dedicated to improving the lives of children, youth and families in the Elizabethtown Pennsylvania area.

**CUSTOM AWARDS:** Top 3 females & 3 males in the following age divisions:

BASE OF THE HILL DIVISION: 18 years of age and under

CLIMBING THE HILL DIVISION: 19-49 years of age

OVER THE HILL DIVISION: 50 years and over

Other Awards: M&B Spirit Award, Youngest, & Oldest Racer 5k Participant

**ENTRY FEE:** \$20.00 for EASD students & staff

\$25.00 for all other runners (includes t-shirt, gift accessory, and post-race fruit/refreshments)

\$10.00 for our 1-mile fun run (must be 12 years and under & includes a t-shirt)

**ENTERTAINMENT:** Get ready to rock & roll, RUN, and celebrate your HEALTH!

**REGISTRATION DEADLINE** to ensure t-shirt/gift: May 1st

**SAME DAY REGISTRATION:** 7:00-8:30am on the tennis courts

**PAYMENT:** Cash/Checks only; make checks payable to EASD

**CONTACT:** Macy Seaman, Kristen McEvoy, Sydney Pierson or Alicia Underkoffler (Executive Race

Directors) [macy\\_s\\_seaman@etownstudents.org](mailto:macy_s_seaman@etownstudents.org) / [kristen\\_m\\_mcevov@etownstudents.org](mailto:kristen_m_mcevov@etownstudents.org) /

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NAME: \_\_\_\_\_

SEX: \_\_\_\_\_ AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

SHIRT SIZE (circle One): SM M L XL XXL (add \$2.00 for XXL shirt)

CHECK ONE: \_\_\_\_\_ 5k Walker/Runner - \_\_\_\_\_ 1 mile Fun Run

**WAIVER (MUST BE SIGNED)**

In consideration of your accepting this entry, I, the below signed, intending to be legally bound, for myself, my heirs, my executors and administrators, waive and release and any all rights and claims for damages I may have against the race, and sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest that I will participate in this event as a foot race, that I am physically fit and sufficiently trained for the completion of this event. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs and any record of this event in which I may appear for any legitimate purpose, including advertising and promotion.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT (U 18): \_\_\_\_\_ DATE: \_\_\_\_\_

**\*\*No refunds will be issued for any reason**

**\*\*Race will be held rain or shine AND muddy or dry.**