



One Mile Run/Walk Sat., Oct. 21, 8 a.m.

Woodcrest Villa, 2001 Harrisburg Pike, Lancaster, PA

Race Date & Time: Saturday, October 21, 8 a.m.

Fast, fun, out-and-back course so you can cheer each other on! Race is run entirely on campus of Woodcrest Villa. Runners & walkers will start together. If you are a walker, please position yourself toward the back to allow faster runners to go through! Awards immediately following race. Proceeds benefit Benevolent Care at Mennonite Home Communities.

Packet pick-up: Friday, October 20, 3-6 p.m. & Saturday, October 21, 7-7:45 a.m. at VIVA Centre

Packet pick-up and Race location: VIVA Centre, Woodcrest Villa, 2001 Harrisburg Pike, Lancaster (follow signs).

Amenities/Goodies:

- Long-sleeved cotton t-shirt to all pre-registered (late registrants not guaranteed shirts)
- Awards to top male and female overall, top M & F Woodcrest Villa Resident and top M & F Mennonite Home Communities employee. Age group awards to top two in each age group: 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89 and 90 and over – M & F!
- Full results available online at appliedracemgmt.com

How to register:

Online at appliedracemgmt.com or return this form with payment via check. **Please note:** All MHC staff/residents must register with a check to receive the special rate. (Make checks payable to Mennonite Home Communities and send to Kim Peters, Development, Woodcrest Villa, 2001 Harrisburg Pike, Lancaster, PA 17601) For more info, contact Connie Buckwalter, cbuckwalter@mennonitehome.org, 717-390-4126.

VIVA la Mile Run/Walk Entry Form

Please print clearly and complete an application for each participant. Please sign the waiver. Photocopies accepted.

Mail payment to: Woodcrest Villa, VIVA la Mile, 2001 Harrisburg Pike, Lancaster, PA 17601

Registration fee (please check one):

- \$15** One mile run/walk registration for **MHC staff/resident **MUST be RECEIVED** by Oct.9. After Oct. 9, price is \$30
- \$10** for children 12 and under by October 9 (\$20 after October 9 and day of)
- \$25** One mile run/walk registration postmarked by October 9; **\$30** postmarked after October 9 and race day

Name: _____ Sex: M or F Age on Race Day: _____

T-shirt size (please circle one): Adult sizes only - S M L XL XXL (shirt not guaranteed after Oct. 5)

Address (street, city, zip code): _____ WCV resident? Yes No
Email: _____ Telephone: _____ MHC staff? Yes No

Waiver:

I am aware that running/walking a road race is a potentially hazardous activity. I should not volunteer or enter and run or walk unless I am medically able and properly trained. I assume any or all of the risk associated with running or walking or attending the race including, but not limited to, falls, contact with other participants, the effects of the weather and condition of the roads, all such risks being known and accepted by me. Knowing these facts and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Mennonite Home Communities, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to all parties affiliated with the race to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. **I have read and understood this waiver (if under 18, legal guardian must sign).**

Signature: _____ Date: _____

Signature (of parent or guardian, if under 18 years of age): _____