

Proceeds From the Race Benefit:



We are a non-profit organization committed to providing positive, fun experiences and value through a variety of relevant wellness programs and events inclusive to all members of the community.



Boy's and Girl's Cross Country Teams



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Hempfield Rec Center

 hempfield recCenter
950 Church Street
Landisville PA, 17538-1508
(717) 898-3102
www.hempfieldrec.com

Hempfield Rec

5K GLOW RUN

Saturday, October 21st

Start Time: 7:30pm

KIDS' FUN RUN

Start Time: 7:00pm



Location:

Georgelis Law Firm Stadium
at Hempfield High School
200 Stanley Dr.
Landisville, PA 17538

5K Glow Run & Kids' Fun Run

Registration Deadlines:

Early Registration October 11th: \$25 Includes Tech Shirt* (5K)

\$10 Includes T-shirt(Kids' Fun Run)

Late Registration October 21st: \$25 NO Shirt** (5K)

\$10 NO Shirt (Kids' Fun Run)

Get Details and Register Online at www.hempfieldrec.com OR call 717.898.3102

*After 10/11, all entries will be referred to race day!

*All runners will receive "GLOW" necklace and wrist bands and are encouraged to wear glow-in-the dark items!

Packet Pickup and Day of the Event Registration: October 21st 6-7:15pm (Football Field)

Awards:

Overall Male and Female (1st-3rd Place)

Age Group Winners (Awards)

Overall Male and Female in Costume to Finish (Awards)

Overall Boy and Girl in Costume to Finish (Under 14-Awards)

Kids' Run Costume Award



Entry Form (ONE PER PERSON)

Name (Last/First): _____

Age On Race Day: _____ DOB: _____

E-mail: _____

Phone: (_____) _____

Address: _____

City: _____

State: _____

Zip: _____

Gender: (Please Circle) Male Female

5K Run Age Category: (Please Circle)

10 and under 11-14 15-19 20-29 30-39

40-49 50-59 60+

Kids' Fun Run Age Category: (Please Circle)

5 and under 6-8 9-11

Shirt Size: (Please Circle) NO SHIRTS AFTER 10/11

Men's Shirt Size: S M L XL 2XL

Women's Shirt Size: S M L XL 2XL

Kid's Shirt Size: S M L

Payment Information: (Please Check)

____ Check Payable to HARC

____ Visa ____ MasterCard ____ Discover

Credit Card# _____

Exp Date: _____ **CVV/CSC Code** _____

In consideration of my participation in the HARC 5K Glow 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 image in media format for promotional purposes by the organizers.

Signature; Parent if under 18 years of age (REQUIRED)

Send Completed Form With Payment To:

**HARC
950 Church Street
Landisville, PA 17538**

Date: _____