



# “RUN FOR THE HEALTH OF IT” 5K 2ND ANNUAL

5K Run/Walk to benefit Overcoming Obstacles, Inc.

Hosted by the Mind & Body 6.0 & 7.0 class at EAHS

**Saturday, May 19<sup>th</sup>, 2018 - 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 **OVERCOMING OBSTACLES, INC.**, a local non-profit that strives to improve the overall health and well being of our special needs community by providing individual grants for personal fitness activities.

**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: Best Dressed, M&B Spirit Award, Youngest, & Oldest Racer

**ENTRY FEE:** \$20.00 (includes t-shirt, gift accessory, and a “High 5” at the finish)

\$15.00 for our 1-mile fun run (includes everything from above + a BEAR HUG)

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

**REGISTRATION DEADLINE to ensure t-shirt/gift:** April 15<sup>th</sup>

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

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

**CONTACT:** Logan Hoover and/or Julee Wells (Executive Race Directors)

[logan\\_m\\_hoover@etownstudents.org](mailto:logan_m_hoover@etownstudents.org) / [julee\\_a\\_wells@etownstudents.org](mailto:julee_a_wells@etownstudents.org)

-----detach here -----

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

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

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

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

CHECK ONE: \_\_\_ 5k Timed Competitor - \_\_\_ 1 mile Fun Run - \_\_\_ Don't Time Me!

**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.**

<b>SUBMISSION OF ENTRIES</b>
1. Hand completed form and payment to a M&B student.
2. MAILED ENTRIES: Shane M. Kargo c/o Run for the Health of It 3117 Greenridge Drive Lancaster, PA 17601
**Checks made out to EASD