

1st Annual Hanover Community Day 5K Run
“Embracing Diversity and Encouraging a Healthy Lifestyle”
May 3, 2008

SCHEDULE

Friday, May 2

8 a.m. - 4 p.m. Corporate Challenge*
 Noon - 8 p.m. Registration & Packet Pickup (YMCA)

Saturday, May 3

6:30 a.m. Registration (YMCA)
 7:50 a.m. 5K Wheelchair Race
 8 a.m. 5K Run
 9 a.m. 1-Mile Fun Run/Fitness Walk
 9:30 a.m. Kids' Sprint (1/4 Mile & Mini Trot)
 10 a.m. Awards
 9 - 1 p.m. Community Fair
*(Diversity Activities, Food Vendors,
 Live Performances, Informational
 Booths)*

REGISTRATION, PACKET PICK UP

To avoid race day delays, runners are encouraged to register in advance and to pick up race packets on Friday, May 2 at the YMCA. Packets cannot be mailed. NO REFUNDS.

COURSE

The 5K course will begin adjacent to the Hanover Area Family YMCA. Walkers are welcome; there is a 50-minute time limit. Runners may only cross the finish line once. Participants in the Kids' Sprint Events should meet at the YMCA outdoor track shortly before 9 a.m.

CAUTION: For safety and liability insurance requirements, unauthorized vehicles, bicycles, skateboards, roller and in-line skates, strollers, baby-joggers, headphones, and dogs are prohibited on 5K course.

* For additional information on Corporate Challenge please contact George O'Brien III at 632-8211 or gobrien@hanoverymca.org.

AWARDS

The Hanover Community Day Committee is pleased to offer the following awards at the 1st Annual Hanover Community Day 5K Run. Must be present to receive award. No awards will be mailed.

1st Place Overall Male & Female
 \$200 prize money + race commemoration
2nd Place Overall Male & Female
 \$100 prize money + race commemoration
3rd Place Overall Male & Female
 \$75 prize money + race commemoration
4th Place Overall Male & Female
 \$50 prize money + race commemoration
5th Place Overall Male & Female
 \$25 prize money + race commemoration

Masters (40+) Overall Male & Female
 1st Place: \$100 prize + race commemoration
 2nd Place: \$75 prize + race commemoration
 3rd Place: \$50 prize + race commemoration

Wheelchair Division

1st & 2nd Overall: race commemoration

Age Group Awards

Presented to the top men and women in the following age groups (1st, 2nd, & 3rd place). Award places may be added depending upon number of entries in age group.

10 & under	30-34	55-59
11-14	35-39	60-64
15-18	40-44	65-69
19-24	45-49	70+
25-29	50-54	

Additional Information

For additional information about the race, directions and to see race maps, etc. visit the Hanover Area Family YMCA website at www.hanoverymca.org or phone (717) 632-8211. Race applications can be mailed to Hanover Area Family YMCA, Attn: George O'Brien III, 500 N. George Street, Hanover, PA 17331.

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REGISTRATION INFORMATION

Return form with payment to: Hanover Area Family YMCA
 Attn: George O'Brien III, 500 N. George Street, Hanover, PA 17331.

Name (Last) _____ (First) _____ (MI) _____
 Address _____
 City _____ State _____ ZIP _____
 Age on Race Day _____ DOB (Required) ____ / ____ / _____ Gender Male Female

Event (choose one)

- 5K Wheelchair
- 1-Mile Fun Run/Fitness Walk
- 1/4-Mile Kids' Sprint
- Kids' Mini Trot

5K Race T-shirt (choose one)

- Adult T-Shirt Circle Size: S M L XL
 - Youth T-Shirt Circle Size: S (6-8) M (10-12) L(14-16)
- *T-shirts only guaranteed to runner's registered before 4/11/08.

Child Care

I will need child care. On-site child care is provided from 7 to 10 a.m. for children ages 10 and under. \$2 per child; must be preregistered by 4/21/08.

Waiver

I know that running a road race is a potentially hazardous activity. I will not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including, but not limited to, falls, contact with other participants, effects of weather, traffic and road conditions. All such risks are known and appreciated by me. Having read this waiver, knowing these facts, and in consideration of your accepting my entry, I, for myself, and anyone entitled to act on my behalf, waive and release the Hanover Family YMCA, YWCA of Hanover, The Hispanic American Center of Hanover and the Hanover Hospital 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 the part of the persons named in this waiver.

Signature _____ Date _____

RACE FEES

- 5K \$ _____
 - \$18 before 4/11/08
 - \$20 on or after 4/11/08
 - \$25 Race Day
- 1-Mile Fun Run/Walk-FREE (Shirt not included)
- Kids' Sprint (1/4-Mile & Trot)-FREE (Shirt not included)

Extra Shirts (must be ordered by 4/11/08)

- \$ _____
- Adult T-Shirt \$10
Quantity & Size S __ M __ L __ XL __
 - Youth T-Shirt \$7
Quantity & Size S __ M __ L __

Child Care (must be registered by 4/21/08)

\$ _____
 Number of children 10 and younger _____ X \$2
 Names/Ages _____

Contributions

Proceeds from the Hanover Community Day 5K race benefits the community-based programs and services provided year round by the Hanover Family YMCA, YWCA of Hanover, The Hispanic American Center of Hanover and the Hanover Hospital.

- I would like to make a donation to the Hanover Community Day. \$ _____

Total Enclosed: \$ _____

Payment Method

- Check
- MasterCard / VISA / Discover
Card # _____
Exp. Date _____

The deadline for faxed registrations is Thursday, May 1 at 5:00 p.m. Fax to YMCA at (717) 632-6505, Attn: G. O'Brien III