



## **5K Run / Walk**

(Rain or Shine)

August 20, 2011  
Hanover, PA

### Benefits West Manheim Township Park

West Manheim Township purchased 113 acre farm to use as a community park. The West Manheim Township Park & Recreation Board was established as a non-profit organization to oversee fundraising and construction of the park. Construction and maintenance relies on grants, donations, and fundraisers. Plans for the park include disk golf, ball fields, playgrounds, BMX course, and amphitheater. Currently there is a 5 acre dog park, pavilion, two beach volleyball courts, two horseshoe pits, grilles, trails for hiking, running, and mountain biking, and benches and picnic tables throughout the park. The park is presently working towards a playground and will complete two ball fields this year. Visit [www.buildthepark.com](http://www.buildthepark.com).

### **Sponsors Supporting Race**

**Reichart's Camping Center**  
(717) 637-2882 or 1-800-521-5631  
[www.rv4u.com](http://www.rv4u.com)  
Sales-Service-Parts-Accessories

**Glenn Gobrecht Photography**  
(717) 632-9132  
[www.ggfoto.com](http://www.ggfoto.com)

**Czapp & Griffith**  
(717) 633-1258  
[www.czappgriffith.com](http://www.czappgriffith.com)  
Commercial & Residential  
Heating-Plumbing-A/C-Refrigeration

**Solemates**  
(717) 634-2870  
[www.solematesrunning.com](http://www.solematesrunning.com)  
Running & Walking Specialty Store

**C.S. Davidson, Inc.**  
(717) 846-4805  
[www.csdavidson.com](http://www.csdavidson.com)  
York-Gettysburg-Lancaster  
Civil-Structural-Municipal-Transportation Engineering  
Construction Inspection & Materials Testing  
Stormwater-Wastewater-Water Treatment

**T.G.I. Friday's**  
(717) 767-6878

**Sal's Pizza & Subs**  
(717) 633-1234

**Lowe's of Hanover**  
(717) 630-8700  
Home Improvement

\*\*First race of three in the South Penn Road Runners Club's Triple Crown series. Other races are Trails 4 Tails (1<sup>st</sup> 8 miles) and Turkey Trot 5K. The best combined time (male & female) for all 3 events will have name added to Triple Crown Cup and receive a gift certificate or award. Visit [www.sprhanover.org](http://www.sprhanover.org).

Organized by South Penn Road Runners Club & West Manheim Township Park & Recreation Board  
Permission granted to duplicate form

Name: \_\_\_\_\_ Age Race Day \_\_\_\_\_ Birth Date \_\_\_\_\_ Gender: M F

Street: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_ e-mail: \_\_\_\_\_ Shirt: YS YM YL S M L XL

(Fill in only if a member of a team) Team name : \_\_\_\_\_ Team Captain: \_\_\_\_\_

**Release and Waiver: Please read and sign. If under 18, parent or guardian must sign.** I know that running a race is a potentially hazardous activity and I should not enter and run unless I am medically able and properly trained. I am aware of and assume all risks, including, but not limited to effects of weather (including high heat and humidity), traffic, course conditions, falls, and contact with other participants. Having read this waiver, knowing these facts and in consideration of your accepting my entry, I, for myself, and anyone entitled to action on my behalf, waive and release West Manheim Township, West Manheim Township Park and Recreation Board, South Penn Road Runners, any other event organizers, volunteers, 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 part of the persons named in this waiver. I understand bikes, strollers of any kind, or animals are not allowed in the races, and I will abide by this guideline. I grant permission to use any photographs, videotapes, motion pictures, website images, recordings or any other record of this event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**EVENT & DATE:** (Rain or Shine)

Run For The Park Cross Country Challenge  
August 20, 2011

**TIME & SCHEDULE**

Registration 7:15 - 8:20 a.m.  
5K Run/Walk 8:30 a.m.  
Awards/Random Prizes ~ 9:30 a.m.

**LOCATION**

West Manheim Township Park  
255 St. Bartholomew Road  
Hanover PA 17331

Registration is at the pavilion, about 500m from parking. The start/finish is in the middle of the two areas.

**RACE INFORMATION**

Jeff Klenk, Race Director  
Phone: 717-633-5361  
Email: [jdklenk@embarqmail.com](mailto:jdklenk@embarqmail.com)  
Website: [www.BuildThePark.com](http://www.BuildThePark.com)

**COURSE DESCRIPTION**

**5k:** A challenging course with moderate inclines, grass fields, dirt trail in woods, and some rolling hills all on park property. The layout offers spectators to view a good portion of the race. Open scenic country side.

**ENTRY FEES**

Pre-registration  
Postmarked on or before August 6<sup>th</sup>  
5K - \$15 (includes t-shirt)

After August 6<sup>th</sup> and Race Day  
5K - \$20 (does not include t-shirt)

T-shirts guaranteed only to individuals who pre-register.

**PAYMENT - No Refunds**

Complete and tear off the above entry form. Make checks payable to **West Manheim Township Park**, and mail to:

Run For The Park  
c/o Jeff Klenk  
12 Lisawood Court  
Hanover, PA 17331

**AWARDS – Male / Female**

Must be present to receive.

**Overall Male & Female Winners**

\$25 & award

**Age Groups**

<14, 15-19, 20-29, 30-39, 40-49, 50-59, 60+  
Medals to top 3 in each age group.  
20+ age group winners receive TGIFriday's voucher for a free appetizer/dessert.

**RANDOM PRIZES** (must be present to win)

Earn an additional raffle ticket for each year you entered the event. Must pre-register this year to receive extra tickets.

Prizes include an **autographed Philadelphia Eagles football** by DeSean Jackson and Trevor Laws, local & chain restaurant gift certificates, movie passes.

**TEAM ENTRIES & AWARD**

**3 Person Coed Team** (must have one person of the opposite sex). Each person on the team must complete an individual race application. Team captain must submit a separate team registration form available at [www.BuildThePark.com](http://www.BuildThePark.com). Changes to teams will not be allowed on race day.

Team members are also eligible to win individual awards.

Scoring will be the same as a cross country meet. Teams earn points by their members' finishing place amongst other team runners. The team with the lowest point total wins. In the event of a tie, the lowest combined time will decide the winner.

Overall winning team members each receive a \$10 Olive Garden gift certificate and medal. Second place team members each receive a medal.

**DIRECTIONS**

Coming from west on Rt. 116, 194, 30 or from east on 30. Turn onto 94 S (Carlisle/Baltimore St). Continue until you come to Shorbs Hill Rd (West Manheim Township Bldg on left). Turn right onto Shorbs Hill Rd. See below

Coming from east on Rt 116; come to & turn left onto Grandview Rd (Hanover Foods on right). Take left onto Grandview Rd; come to 94 (Tom's Exxon). Take left onto 94 S (Baltimore St). Come to Shorbs Hill Rd (West Manheim Township Bldg on left). Turn right onto Shorbs Hill Rd. See below.

Coming from south on Rt. 30 Maryland. MD 30 turns into 94 N (Penna.). Come to Shorbs Hill Rd (West Manheim Township Bldg on right). Turn left onto Shorbs Hill Rd. See below

**From Shorbs Hill Rd.** At end of Shorbs Hill Rd turn left onto Impounding Dam Rd. Go 1.2 miles & take right onto St. Bartholomew Rd. Park is midway on St Bartholomew Rd.

**AMENITIES**

Restroom(s) and post race refreshments.

2011 RUN FOR THE PARK  
5K CROSS COUNTRY CHALLENGE  
TEAM REGISTRATION FORM

**Team Name:** \_\_\_\_\_

**Team Captain:**

**Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Team Members:** (print names as they appear on individual entry form)

Name	M/F	Age
_____	_____	_____
_____	_____	_____
_____	_____	_____

Cut-----Cut

The team event is a 3 Person Coed Team (must have one person of opposite sex). Each person on the team must complete and submit an individual race application. The team captain must submit the above team registration form. *Changes to teams will not be allowed on race day.* You may make changes up to 5 p.m. on August 18<sup>th</sup> by emailing [jdklenk@embarqmail.com](mailto:jdklenk@embarqmail.com) or call (717) 633-5361.

Team members are also eligible to win individual awards. Scoring will be the same as a cross country meet. Teams earn points by their members' finishing place amongst other team runners. The team with the lowest point total wins. In the event of a tie, the lowest combined time will decide the winner. The winning team members will earn a medal and \$10 Olive Garden gift certificate. Second place team will earn medals.

Mail team form to Run For The Park, c/o Jeff Klenk, 12 Lisawood Court, Hanover, PA 17331.