



York's Premier Cycling, Running and Walking Tour

Proceeds benefit the Healthy Community Pharmacy

Saturday, June 19, 2010

North Salem Elementary School
Dover, PA

(event held rain or shine)

The ride: 30-mile, 48-mile or 63-mile

The run: half marathon, 5K challenge or 1-mile fun run

Endurance

Challenge: half marathon and any of the rides

The walk: 3 miles, sponsorships encouraged

Those wishing to participate in the run and the ride will begin the half-marathon at 7 a.m. In order to also participate in the ride, you must complete the half-marathon and begin the bike portion no later than 9:15 a.m.

2010 WellSpan Health Running Series schedule:

Saturday, June 19	Double Creek
Saturday, June 26	Habitat for Humanity 5K
Saturday, July 17	East Berlin Summerfest 5K
Saturday, August 21	Rail Trail 10-Miler
Monday, Sept. 6	Quarterback Club 5K
Sunday, Oct. 23	White Rose 5-Miler

Registration and release form on reverse side



Registration Form

Three ways to register!

- **Register online** by visiting www.doublecreek.org
- **Complete the following registration form** and submit with your pre-registration fee by June 11, 2010.
- **Register the day of the event** by bringing the completed registration form and the registration fee.

All registrants will receive a run/tour number and adult pre-registrants are guaranteed a Double Creek t-shirt.

Name: _____

Address: _____

Phone: _____

Email: _____

Date of Birth: _____

Gender: M or F (*Circle One*)

T-Shirt Size: Small Medium

Large X-Large

My check (*payable to York Health Foundation*)
for: _____

Please charge my credit card (*check one*)

Visa Mastercard

Number: _____

Expiration Date: _____

Signature: _____

Register me for the following:

The ride: 30 Miles - \$25

The ride: 48 Miles - \$25

The ride: 63 Miles - \$25

5K Run: \$20

Half Marathon: \$30

**Endurance
Challenge:** \$40

The Walk: \$20

The Fun Run: \$10

Please mail completed form and check to:

York Health Foundation

912 South George St.

York, PA 17403

Release

I understand that the 2010 Double Creek event requires a helmet to be worn at all times while riding in the tour. In signing this release, I understand the intent thereof and hereby agree and will absolve and hold harmless WellSpan Health, the York Health Foundation, or any other parties connected with this event in any way, singly or collectively, from and against blame and liability for any injury, harm, loss, inconvenience or damage suffered or sustained as a result of the participation in the 2010 Double Creek event or any activities associated herewith.

I also hereby consent to and permit any emergency treatment in the event of injury or illness. I also give full permission for the use of my name and photograph in connection with this event.

Signature: _____

(Signature of parent/guardian if rider is under 18 years of age)