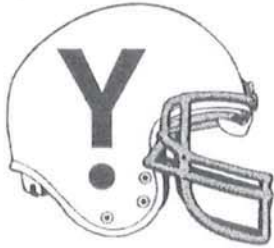
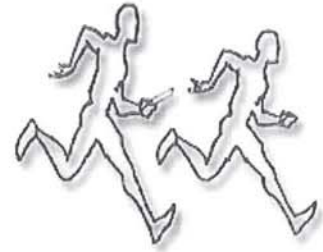


# Quarterback Club of York 5K

PROUD MEMBER OF THE WELLSPAN HEALTH RUNNING SERIES



**Labor Day**  
**Monday, September 6<sup>th</sup>, 2010**  
**8:30 a.m.**  
**Sovereign Bank Stadium - York, PA**



**All proceeds go to:**  
**Quarterback Club of York, Inc.**  
Contributions of over \$300,000 to various youth oriented charitable organizations and scholarships.

**Course Features:** Race has cannon blast start. Course is out and back with a loop around beautiful Penn Park in the middle. There is an upward grade on the way out and downward on the way back. Race finishes inside stadium going past The Arch Nemesis, the tallest wall in baseball. We consider the course to be very fair and capable of producing fast times.

**Race Directors:** Kevin Stover and Barry Biesecker

**Registration Fee:** \$17 without shirt, \$25 with technical shirt postmarked by August 28th  
Late Registration/Race Day \$25 without shirt, \$33 with shirt if available  
Checks made payable to the "Quarterback Club of York"

**Send Entries To:** Barry Biesecker, 19 Copperwood Court, York, PA 17408

**Race Information:** <http://www.qbclubofyork.wikispaces.com>, facebook, qbclubofyork@comcast.net or (717) 764-0334

**Packet Pick-up/Race Day Registration:** Sovereign Bank Stadium starting at 7:00 a.m.

**Awards and Premiums:** 1st male and female overall \$100. Open (top three male/female). Age groups (top three male/female) in the following categories: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 and over. Custom designed, premium technical shirts for pre-registered runners.

**Post Race Party:** **York Elks Lodge**, 223 North George Street, lodge is just yards from the stadium. Join us for food, fun and beverages.

## Sponsors

- Dale E. Anstine -

**Wellspan - M & Z Anodizing - Ed Bender/Morgan Collins Realtors - Drayer Physical Therapy**  
**Rock Commercial Real Estate - Military & Comerical Fasteners - Shellenberger Concrete**  
**Nuts about Granola - Wilton Armetale - Do It Outdoors - White Rose Physical Therapy**



FIRST NAME		LAST NAME		
STREET ADDRESS		CITY	STATE	ZIP
PHONE	BIRTHDATE month    day    year	AGE (ON RACE DAY)	GENDER <input type="checkbox"/> M <input type="checkbox"/> F	
SHIRT SIZE <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> X-Large		EMAIL		

Waiver - Please read and sign. If under 18, parent or guardian must sign.

I know that running a road race is a potentially hazardous activity and I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete the run safely. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Quarterback Club of York, Inc. the York Revolution, and all sponsors, their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event or careless on the part of the persons named in this waiver.

Signature

Date