



# York White Rose Run

## Five Mile Running Event

October 23, 2010 ~ 8:30 am ~ Sovereign Bank Stadium ~ York, PA  
www.YorkWhiteRoseRun.com

### Be a Part of History...

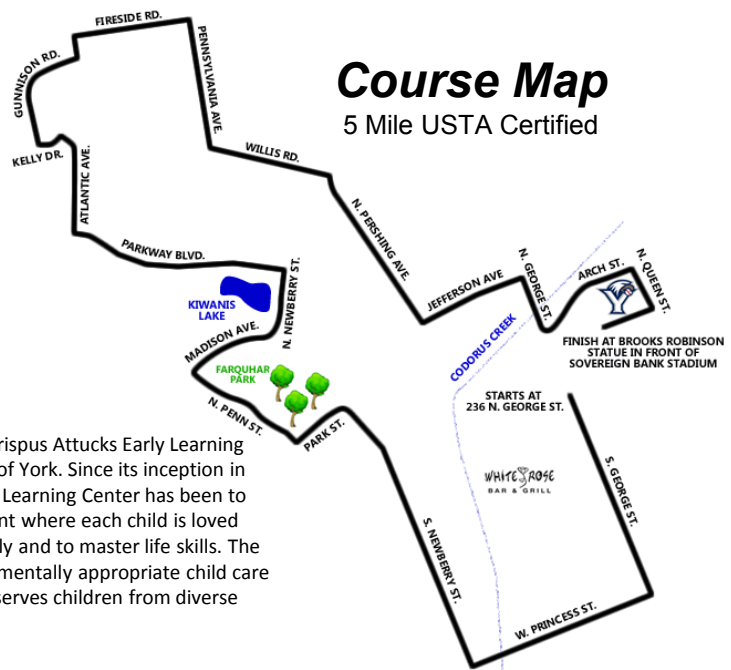
The first York White Rose Run was held in 1976 and has been run on the streets of York City for 33 consecutive years. The race has drawn as many as 600+ runners and has been known to attract a field of elite runners from the local and regional areas including Philadelphia, Baltimore, and New York. There have been over 16 Olympic runners that have participated in the event. The USTA certified, five-mile course starts at the 200 block of North George Street, climbs the hills to Farquhar Park and finishes at the Brooks Robinson Plaza in front of the Sovereign Bank/York Revolution Stadium. The York White Rose Run is proud to be affiliated with the WellSpan Health Running Series and is the last of seven series events.

### Run for the Cause...

The York White Rose Run is proud to support the Crispus Attucks Early Learning Center – a provider of quality child care in the City of York. Since its inception in the 1930's, the mission of the Crispus Attucks Early Learning Center has been to provide the best quality child care in an environment where each child is loved and encouraged to grow physically and academically and to master life skills. The center offers quality, safe, affordable, and developmentally appropriate child care for children ages four months to twelve years and serves children from diverse ethnic, cultural, and religious backgrounds.



### Course Map 5 Mile USTA Certified



### Come for the Pasta! Stay for the Party!

PACKET PICKUP and REGISTRATION will be hosted at the White Rose Bar & Grill Friday, October 22<sup>nd</sup> from 5:00pm to 9:00pm, a short walk from the race start and finish. Special pasta menu selections will be available for race participants who choose to pick up their packet and do some pre-race carbo loading!

There will also be a POST RACE PARTY at the White Rose Bar & Grill starting at 10:30am! Drink and food specials will be available for race participants! The White Rose Bar & Grill can be found at 48 N. Beaver Street.



### The WellSpan Health Running Series...

The York White Rose Run is proud to be part of the WellSpan Health Running Series. The WellSpan Health Running Series provides a great opportunity for both new and experienced runners to participate in a multi-race program that promotes physical exercise through spirited competition. **Awards for the WellSpan Health Running Series will be presented at the conclusion of the York White Rose Run awards ceremony.**



### Prize Money! Costume Awards! Door Prizes!

Only days away from HALLOWEEN! Don a costume and show your spirit! You could win an award!  
PRIZE MONEY: Top five male and female finishers. \$250, \$200, \$150, \$100, \$50!  
COSTUME AWARDS: Prizes for costumed participants!

AWARDS will be given to the top finishers in each age group!  
DOOR PRIZES: Randomly picked door prizes will be given out!



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### Register Now!

There are three easy ways to register for the York White Rose Run!

1. Online Registration at [www.yorkwhiteroserun.com](http://www.yorkwhiteroserun.com)
2. Complete the entry form below and mail in with your check
3. Race Day Registration : 7:00 am to 8:15 am at Sovereign Bank Stadium, on the 300 block of N. George Street  
*Late and race day registrants are not guaranteed a shirt. Register early to get a nice running shirt!*



### Visiting York, PA. ~ Come for the Race, Enjoy the Town!

York is one of Pennsylvania's fastest growing areas and a popular tourist destination. With compelling history, exhilarating outdoor adventure, fantastic factory tours and one of Pennsylvania's premier wine trails, York County offers exciting experiences sure to satisfy your adventurous, romantic or carefree nature. Visit [www.yorkpa.org](http://www.yorkpa.org) for a variety of fun agenda items!



#### Where to stay:

The Yorktowne Hotel is a full service hotel featuring 121 luxury guest rooms within walking distance of Sovereign Bank Stadium and the York White Rose Run start/finish area. **Ask for the York White Rose Run rate!** Located at 48 E. Market Street, (717) 848-1111

### Please Support Our Generous Sponsors...

Each Year, the York White Rose is fortunate to receive generous corporate and personal sponsorships. These sponsorships allow us to keep our entry fees affordable and make a generous contribution to the Crispus Attucks' Early Learning Center. Please thank out Sponsors by patronizing their business whenever possible.



### Entry Form ::

Please make checks payable and mail to: York White Rose Run, 1480 Huntley Court, York, PA 17408

First Name :: \_\_\_\_\_ Last Name :: \_\_\_\_\_ Date of Birth :: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Street address :: \_\_\_\_\_ City :: \_\_\_\_\_ State :: \_\_\_\_\_ Zip Code :: \_\_\_\_\_

Email address :: \_\_\_\_\_ Phone Number :: ( \_\_\_\_\_ ) \_\_\_\_\_ Sex :: M / F

(Optional) I have enclosed a donation to the Crispus Attucks Early Learning Center in addition to my entry fee in the amount of :: \$ \_\_\_\_\_

Technical fiber t-shirt optional	Without Shirt	With Shirt	Shirt Size
Early Bird Registration :: Before 7/31/10	\$10	\$16	S M L XL
Pre-Registration :: Before 10/10/10	\$13	\$19	S M L XL
Post Registration :: After 10/10/10	\$19	\$25	S M L XL

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

Co-Signature :: \_\_\_\_\_  
*(Parent / Guardian must co-sign if entrant is less than 18 years of age)*

I know that running the York White Rose Run is a potentially hazardous activity. I should 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 the event including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity and cold or slippery conditions of the race course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the race, its sponsors, directors, and volunteers, the City of York, Sovereign Bank, York County Economic Development Corporation, York County Industrial Authority, and York Revolution Professional Baseball Club, LLC and all their representatives and successors from all claims and liabilities of any kind arising from my participation in this event.