



Presents

## The York Habitat for Humanity 7th Annual 5K Run/Walk

Proceeds to benefit 2010 Fire Safety Build

*This run is a part of the York Wellspan Running Series!*



**When:** Saturday, June 26, 2010

**Time:** 8:30 AM (registration begins at 7:00AM).

**Where:** Allen Lane, Dover Borough (Directions on back)

### Registration Information

- **Advanced Registration** (Postmarked by June 1<sup>st</sup>) - **\$15** and guaranteed T-Shirt size
- **Late Registration** (Postmarked after June 1<sup>st</sup>) and **Race Day** - **\$20** and T-Shirt while supplies last!
- **Team Registration** 5 or more runners from an organization **\$10** per runner (registrations must be bundled together and postmarked by June 1<sup>st</sup>)
- **Special Drawing:** Donations of \$30 or more will be entered into a drawing for 2 York Revolution Box Seat Tickets!!

Checks should be made payable to **York Habitat for Humanity** and sent to: **York Habitat for Humanity, 33 S Seward St, York, PA 17404. (Please mark 5K Run in the memo line).**

**Questions:** Please contact Shanna Wiest at [shanna@rayac.com](mailto:shanna@rayac.com) or 717-880-1230.

**Race Website:** [www.yorkhabitat.org](http://www.yorkhabitat.org)

---

### York Habitat for Humanity 5th Annual 5K Run/Walk Registration Form

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Sex: M F Race Day Age: \_\_\_\_\_ Date of Birth: \_\_\_/\_\_\_/\_\_\_\_

Shirt Size: S M L XL

**Please don't forget to sign waiver on back of form!!!**

**Race Information:** The 5th Annual York Habitat for Humanity 5K Run/Walk is a rolling out and back course starting on Allen Lane in Dover Borough with a majority of the race on Butter Road. There will be an aid station at the halfway point. We race rain or shine!

**Prizes:** Prizes will be awarded to the top three male and female finishers in each age group:

Under 16; 16-20; 21-30; 31-40; 41-50; 51-60; 60 and over

**Directions:**

**From the North:**

Take I-83 South to the STRINESTOWN, exit #28. Turn right onto Rt. 295 South (the Susquehanna Trail) and continue to East Canal Road. Turn right on East Canal Rd and go for about 2 miles. Turn Right on Edgeway Road to Butter Road. Turn right on Butter Rd. to Raycom Rd. Turn left on Raycom Rd .and go 500 ft to the parking areas at Prarie Products and New Hope Ministries on the left. Walk to the rear of the parking area and follow marked walkway to Allen Rd. and the check in booth.

**From the East:**

Take Route 30 West to PA-74/Dover/West York. Turn Right on Carlisle Rd (Rt. 74 North) and continue to the Dover square. Go two blocks and turn right on Butter Rd. to Raycom Rd.. Turn left on Raycom Rd. and go 500 ft to the parking areas at Prarie Products and New Hope Ministries on the left. Walk to the rear of the parking area and follow marked walkway to Allen Rd. and the check in booth.

**From the South:** Take I-83 North. Take the Arsenal Rd/US-30 West exit, exit #21B. Continue on Rt. 30 West to Rt. 74 North (Arsenal Rd) to the Dover square Go two blocks and turn right on Butter Rd. to Raycom Rd. Turn left on Raycom Rd .and go 500 ft to the parking areas at Prarie Products and New Hope Ministries on the left. Walk to the rear of the parking area and follow marked walkway to Allen Rd. and the check in booth.

**From the West:**

Take Rt. 30 East. Turn left on Beesecker Rd. and go north 4 miles. Turn right on Canal Rd. into the Dover town square. Turn left onto the second street, Butter Rd and follow it to Raycom Rd. Turn left on Raycom Rd. and go 500 ft to the parking areas at Prarie Products and New Hope Ministries on the left. Walk to the rear of the parking area and follow marked walkway to Allen Rd. and the check in booth.

---

**WAIVER**

I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I also know that there may be traffic on the course and assume the risk of running in traffic. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the affects of the weather, and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge York Habitat for Humanity and any subcontractors it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns, or anyone acting on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury, or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in the event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, know or unknown. **I HAVE READ AND UNDERSTAND THIS WAIVER (if under 18 years old, legal guardian must sign).**

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

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

Parent/Guardian Signature (if participant is under 18): \_\_\_\_\_

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