

Awards & Prizes:

- CASH PRIZES will be given to the top male and female finishers!! \$150 first place \$100 second place \$50 third place
- Prizes/Awards will be given to the top team in each division!!

Proceeds to Benefit:

Lancaster County Cross-Country 5k Association

For more information and to register online visit: www.lancastercountyxc5k.com

Start/Finish Sponsors:







Course Sponsors:

















Lancaster Otolaryngology



















www.lancastercountyxc5k.com











5K Run/Walk 12.01.12

Manheim Township High School Cross-Country Course 5134 School Road Neffsville, PA 17606

- Individual and Team Divisions
- Free T-Shirts
- CASH PRIZES & Awards
- Free goodie bag for each runner/walker!!

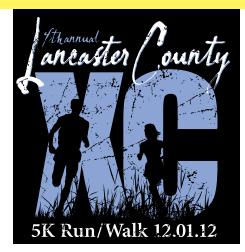
Presented by:

Heart of Lancaster Regional Medical Center



Youth One Mile Fun Run!

Race Information



Where: Manheim Township High School

Cross-Country Course

5134 School Road, Neffsville, PA 17606

Race Start Time: 5K Race at 10:00 am Youth One Mile Fun Run at 11:00 am Awards presentation at 11:15 am

When: On-Site Registration on Race Day is from 8:30 - 9:30 a.m., Manheim Twp. H.S.

Entry Fees:

Early Registration: (Postmarked by Nov. 19)

- \$20/person for individual entries
- \$55/team (3-person team)
- \$10 entry fee for youth one mile fun run
- Includes free T-Shirt

Late Registration: (Nov. 20 thru Race-day)

- \$25/person for individual entries
- \$70/team (3-person team)
- \$15 entry fee for youth one mile fun run
- T-Shirts will be distributed on a first come first served basis on race day for everyone who did not pre-register.

Checks Payable to:

Lancaster County Cross-Country 5k

Complete and Mail with entry fee to:

Lancaster County Cross-Country 5k P.O. Box 10911 Lancaster, PA 17605

For more information & directions please visit: www.lancastercountyxc5k.com

Registration Form

Every participant, and/or their parent or guardian if participant is under age 18, must read this waiver form and sign in the appropriate space below. Signatures on the registration form signify each person has read, understands, and abides by this information. Please check your division and fill in the appropriate information and sign.

Individual Division	Toom Names
O Boys – 14 and under O Girls – 14 and under	Team Name:
O Boys – 15 - 19 O Girls – 15 - 19	Name:
O Men – 20 - 29 O Women – 20 - 29	Address:
O Men – 30 - 39 O Women – 30 - 39	City: State: Zip:
O Men – 40 - 49	E-mail:
O Men – 50 - 59 O Women – 50 - 59	Phone Number:
O Men – 60 - +	Emergency Phone No.:
	Age: Sex:
Walker Division	MTHS Alumni: Yes No
	Participant's Signature:
O Men O Women	If under 18, Parent/Guardian Signature:
	,
Fun Run Division	T-Shirt Size O Small O Medium O Large O X Large
Boys – 12 and under Girls – 12 and under	The state of the s
	Name:
Team Runner Division: (3 runners)	Address:
Boys - 14 and under O Girls - 14 and under	City:State:Zip:
O Boys – 15 - 19 O Girls – 15 - 19	
O Men – Open O Women – Open	E-mail:
O Co-Ed – Open	Phone Number:
Individual	Emergency Phone No.:
	Age: Sex:
Name:	MTHS Alumni: Yes No
Address:	Participant's Signature:
City: State: Zip:	If under 18, Parent/Guardian Signature:
E-mail:	
Phone Number:	T-Shirt Size ○ Small <mark>○ Medium</mark> ○ Large ○ X Large
Emergency Phone No.:	
Age: Sex:	Name:
MTHS Alumni: Yes No	Address:
Participant's Signature:	City:State: Zip:
If under 18, Parent/Guardian Signature:	E-mail:
	Phone Number:
T-Shirt Size O Small O Medium O Large O X Large	Emergency Phone No.:
	Age: Sex:
Liability Waiver and Photo/Video Release	MTHS Alumni: Yes No
With my signature above, I agree to indemnify and hold harmless Lancaster County Cross-Country 5k Assoc.	Participant's Signature:
and the Manheim Township School District including employees, volunteers and all other persons against loss or expense, including attorney's fees by the reason of bodily injury, property damage or personal injury arising	If under 18, Parent/Guardian Signature:
out of the negligent or intentional conduct of myself or my family members involved in the 5k run. Furthermore, I give permission for myself (or my child if under 18) to participate in any photographs or video taken for publicity	
purposes. I understand participation is entirely voluntary and will involve moderate to heavy physical activity.	

I also understand that there are risks of accidents from participation that can result in injury. I am not affected by a physical condition or disability that would prohibit me from safely participating in this activity.

T-Shirt Size O Small O Medium O Large O X Large