

# 2013 SPONSORS



**"When you join the American Lung Association in the fight for healthy lungs and healthy air, you help save lives today and keep America healthy tomorrow."**



# PASTA RUN

5K Race & Kids Noodle Run

AMERICAN LUNG ASSOCIATION  
IN PENNSYLVANIA



The official registration and financial information of the American Lung Association in Pennsylvania may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania (800) 732-0999. Registration does not imply endorsement.



# PASTA RUN

5K Race & Kids Noodle Run

AMERICAN LUNG ASSOCIATION  
IN PENNSYLVANIA

Wednesday, June 19<sup>th</sup>  
Metro Bank Park  
City Island, Harrisburg

5K Race  
Kids Fun Run  
Dinner  
Awards  
Door Prize Giveaways



Pasta Run Website:  
[lunginfo.org/pastarun](http://lunginfo.org/pastarun)



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# PASTA RUN

## 5K Race & Kids Noodle Run

AMERICAN LUNG ASSOCIATION  
IN PENNSYLVANIA

**Wednesday, June 19, 2013**

Kids Noodle Run: 6:00 pm

5K Race: 6:30 pm

Day of Registration: 4:30 - 6:00 pm

Registration Site: Metro Bank Park, City Island

### Race Course Description

5k loop along the Susquehanna River, start/end on City Island

### Kids Noodle Run makes a loop of City Island.

All Kids Noodle Run participants will receive a medal.

*A parent/guardian is encouraged to run with their child at no cost.*

### Race Categories & Awards

Men's & Women's Age Groups

#### 1st, 2nd & 3rd place awards to:

14 & under	40-44
15-18	45-49
19-24	50-54
25-29	55-59
30-34	60 & Over
35-39	

In addition, Awards for top male & female overall and the top male & female overall Masters Division (Age 40 & Over)

### PLUS:

All registered race participants will be entered in a drawing to win door prizes, including two pairs of Oakley Sunglasses  
*courtesy of Bouquet Mulligan & DeMaio Eye Professionals*

**Walkers are also encouraged to participate!**

**Lung disease affects everyone -  
so, run as if a life depends on it.**



## All Participants Receive

- Post-Race meal at Metro Bank Park on City Island - pasta, salad and dessert
- Race results and awards ceremony
- Race results will be posted on event website
- Chance to win Oakley glasses and other prize giveaways



## Entry Fees

Pre-registration until Friday, May 31 <sup>st</sup>	\$20
June 1 <sup>st</sup> - June 18 <sup>th</sup> *	\$25
On-site registration/June 19 <sup>th</sup>	\$30
Kids Noodle Run (12 & Under)	\$ 5

*No T-shirts for Kids Noodle Run*

After race meal for NON-RUNNERS \$ 5  
*For friends/family attending with 5k/Kids Noodle Run participants*

*\* All 5K runners pre-registered runners through June 1st are guaranteed shirts. After June 1st a limited number of shirts will be available for registrants.*



## How to Enter

1. **PRINT** needed information on entry form.
2. **MARK THE CATEGORY** in which you will be competing.
3. **READ CAREFULLY AND SIGN THE WAIVER** at the bottom of the entry form.
4. **ENCLOSE PAYMENT** for entry fee. Checks payable to the "American Lung Association".
5. **MAIL TO:** American Lung Association in PA  
Attn: 5K Race  
3001 Old Gettysburg Road  
Camp Hill, PA 17011
6. **OR register online** at [lunginfo.org/pastarun](http://lunginfo.org/pastarun)



## Questions?

Contact Derek Shaw  
717-541-5864 x 35  
or 800-932-0903 x 35

E-mail: [bdshaw@lunginfo.org](mailto:bdshaw@lunginfo.org)  
Or visit our website at [lunginfo.org/pastarun](http://lunginfo.org/pastarun)



# Entry Form

## 5K Race & Kids Noodle Run

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Phone (Day) (\_\_\_\_) \_\_\_\_\_

Age day of event \_\_\_\_\_ Birth date \_\_\_\_/\_\_\_\_/\_\_\_\_

Employer \_\_\_\_\_

E-Mail: \_\_\_\_\_

Sex:  Male  Female

T-shirt size:  S  M  L  XL

(T-shirts for the first 400 5K entrants)

*Mark the category in which you will be competing.*

### Male Age Group

### Female Age Group

<input type="checkbox"/> 14 & Under	<input type="checkbox"/> 14 & Under
<input type="checkbox"/> 15 - 18	<input type="checkbox"/> 15 - 18
<input type="checkbox"/> 19 - 24	<input type="checkbox"/> 19 - 24
<input type="checkbox"/> 25 - 29	<input type="checkbox"/> 25 - 29
<input type="checkbox"/> 30 - 34	<input type="checkbox"/> 30 - 34
<input type="checkbox"/> 35 - 39	<input type="checkbox"/> 35 - 39
<input type="checkbox"/> 40 - 44	<input type="checkbox"/> 40 - 44
<input type="checkbox"/> 45 - 49	<input type="checkbox"/> 45 - 49
<input type="checkbox"/> 50 - 54	<input type="checkbox"/> 50 - 54
<input type="checkbox"/> 55 - 59	<input type="checkbox"/> 55 - 59
<input type="checkbox"/> 60 & over	<input type="checkbox"/> 60 & over

Kids Noodle Run



## Cost:

Until May 31 <sup>st</sup> (5K)	\$20	_____
June 1 <sup>st</sup> - 18 <sup>th</sup> (5K)	\$25	_____
On-site registration/June 19 <sup>th</sup> (5K)	\$30	_____
Kids Noodle Run (12 & Under)	\$ 5	_____
After race meal for non-runners	\$5 per person	_____

In consideration of this entry to the **5K Pasta Run**, I waive all claims for myself, my heirs and assign sponsors, cooperating and coordinating groups and any individuals associated with the event and will hold them harmless for any and all injuries which may result from my participation. I further state that I am in proper physical condition to participate in this race. I also hereby give my permission to the media & ALAM-A to use my name and/or picture in any newspaper, broadcast, telecast or any other account of this event, without limitation, and without obligation to anyone to compensate me further therefore.

Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent Signature \_\_\_\_\_

(if under age 18)