



## RUN TO REMEMBER

Hempfield Rec Center lost a staff member in 2009 to a courageous battle with cancer. Fred Steele touched so many lives throughout his life and was an advocate for

health and fitness, competing in local and national races. Since the 2009 Honey Run, generous donors and runners have raised more than \$5,000 to donate to Fred's favorite charity, LIVESTRONG™, the Lance Armstrong Foundation. Join us in continuing this tradition in Fred's memory. Donate \$30 to receive a special t-shirt, or just add an additional amount on your registration form. Thank you.

NON-PROFIT  
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LANCASTER, PA  
PERMIT NO. 212

### Major Sponsor:

Dutch Gold Honey  
of Lancaster



Register online until 8/21  
at [www.hempfieldrec.com](http://www.hempfieldrec.com)

**HA  
RG** **Hempfield**  
AREA RECREATION COMMISSION

950 Church Street  
Landisville, PA 17538

## 14th Annual Amos Herr 5K Honey Run

All proceeds benefit restoration projects at the 1852 Herr Family Homestead in Landisville and Hempfield Area Recreation Commission.



**AMOS HERR 5K RUN**  
EAT HONEY-RUN FAST

**Sunday, Aug. 25, 2013**

**Kids' Fun Run: 5 p.m.**

**5K Run: 6 p.m.**

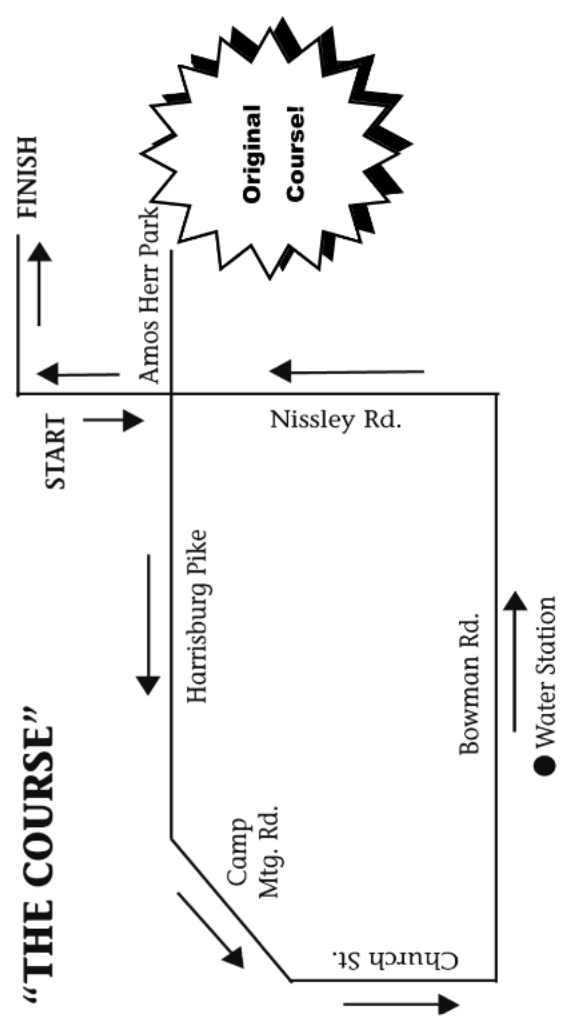
Registration on race day begins at 4 p.m. and ends promptly 1/2 hour before Kids' and 5K events. Awards immediately following each event.

Online registration available  
at [www.hempfieldrec.com](http://www.hempfieldrec.com) until 8/21/13.

Where: 1852 Herr Homestead, Amos Herr Park  
1756 Nissley Road Landisville, PA 17538



# "THE COURSE"



### Parking:

- Free parking is available.
- Restrooms are located in the park.

**Directions from 283 West:** Exit at Esbshade Rd. Go right & thru traffic light at bottom of hill. Turn left and proceed to 2nd traffic light at Nissley Rd. Turn left into Amos Herr Park.

**Directions from 30 East:** Follow Rt. 30 to Rt. 283. Exit at Landisville/State Rd. Turn left at top of exit ramp to 1st traffic light, turn right onto Yellow Goose Rd., then bear right onto Harrisburg Pike. Nissley Rd. is 1st traffic light. Turn right into Amos Herr Park.

## 14th Annual Amos Herr 5K Honey Run

Awards immediately following each event.

**5K Run Awards:** Overall Male and Female, \$100 cash award each and bronze Dutch Gold® Honey Bear. Additional cash awards for each age group based on number of participants.

**Kids' Run Awards:** Participants receive ribbons; top finishers receive gift certificates.

**Kids' Run Sponsored by:**



**Presented by:**

Hempfield Area Recreation Commission  
Amos Herr House Foundation and Historical Society

### Pick up Race Packets at Herr Homestead

**Saturday, Aug. 24  
from 1-3:30 p.m.**

**Or At Event**

1852 Herr Homestead, Amos Herr Park  
1756 Nissley Road Landisville, PA 17538

**Register online until 8/21  
at [www.hempfieldrec.com](http://www.hempfieldrec.com)**

or

**Send Completed Registration Form  
w/payment to:**

**HARC  
950 Church Street  
Landisville, PA 17538**

**717-898-3102  
[www.hempfieldrec.com](http://www.hempfieldrec.com)**

## Entry Form (one per person)

Registration	Pre-Reg. by 8/9	Reg. 8/9-8/21
<input type="checkbox"/> Kids' Fun Run w/T-Shirt	\$10.00	\$10.00*
<input type="checkbox"/> Kids' Fun Run no T-Shirt	\$5.00	\$5.00
<input type="checkbox"/> 5K Run w/TECH SHIRT	\$20.00	\$25.00*
<input type="checkbox"/> 5K Run no TECH SHIRT	\$13.00	\$20.00
<input type="checkbox"/> Run to Remember donation w/special TECH SHIRT; includes registration fee.	\$30.00	Shirts not available
<input type="checkbox"/> Run to Remember donation in memory of Fred Steele; no race registration	\$ _____	

### Indicate Event/T-Shirt Size:

*Kids' Fun Run:*  
5 & under (1/4 mi.) 6-8 (1/4 mi.) 9-11 (1/2 mi.)  
*5K Run:* 14 & under 15-19 20-29  
30-39 40-49 50-59 60-69 70+  
*Men's TECH Sizes* S M L XL  
*Women's TECH Sizes* S M L XL  
*Youth T-Shirt Sizes* S M L

Subtotal: \$ \_\_\_\_\_

Total: \$ \_\_\_\_\_

\*While supplies last.

**After 8/21, you must  
register at event.**

Name: \_\_\_\_\_ Sex: \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State/Zip \_\_\_\_\_

(\_\_\_\_\_) \_\_\_\_\_  
Phone: \_\_\_\_\_

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

Date of Birth (mm/dd/yyyy): \_\_\_\_\_

Age (as of 8/26/13): \_\_\_\_\_

Method of Payment:

Check (payable to HARC)  Visa  Master Card  Discover

Credit Card # \_\_\_\_\_ Exp. date \_\_\_\_\_

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

In consideration of my participation in the A. Herr 5K Run, I hereby for myself, my administrators, heirs, and assigns issue and release all claims for damage against the organizers of this event. I further state that I am in proper physical condition to participate in the event. I also permit the use of the aforementioned person's name and/or picture in media format for promotional purposes by the organizers.

Signature; Parent if participant is a minor

Date