



**Saturday, August 9th, 2014 at 9:00 AM**

**5K, and 1 Mile Trail Run at Gifford Pinchot Park!**

Challenge yourself to a fun run along the trails of Gifford Pinchot State Park. Proceeds from the event go to the ALS Greater Philadelphia Chapter to help fight Lou Gehrig's Disease.

Lou Gehrig was an American baseball player for the New York Yankees. Lou played baseball for 17 seasons until he was stricken with amyotrophic lateral sclerosis (ALS) at the age of 36. He earned the nickname "The Iron Horse" because of his power as a hitter and his durability in the field.

**Prizes:**

Will be awarded in the following categories:

Overall best time for Male and Female.

Top 3 Male and Female in the following age groups:

18 & Under, 19-29, 30-39, 40-49, 50-59 & 60+



**Greater Philadelphia Chapter**

Create a world without ALS.

**Questions or Comments:**

**Race Director:** Bryan Siemon

**Email:** events@wipethetears.com

**Phone:** 717.649.5907

**Registration Information**

**Participants Fees:**

5K Race	\$25.00 (until August 2nd)
5K Race	\$30.00 (after August 2nd)
1 Mile Fun Run/Walk	\$10.00 (until August 2nd)
1 Mile Fun Run/Walk	\$15.00 (after August 2nd)

**Registration Information:**

Online Pre-registration: Ends August 2nd, 2014  
 Mail In Pre-registration: Must be received by August 5th, 2014

Dogs are welcome!

**Complimentary Race Items:**

Pre-registered 5K participants will receive a free T-Shirt and event goodies bag.

Pre-registered 1 Mile Run receives goodie bag. T-Shirts can be purchased for \$10

No guarantees for on-site registrants will receive a T-shirt or goodie bag. T-Shirts will be on a first come first serve basis.

Children 10 and under participate for free (T-shirt not provided), please register them in advance. T-Shirts are free for all pre-registered 5K participants. Those participating in the 1 Mile Fun Run can purchase a T-Shirt for \$10.

*Optional Online Registration available at:*

[www.lousgrandslam5k.com](http://www.lousgrandslam5k.com)

[www.pretzelcitysports.com](http://www.pretzelcitysports.com)



**Race Details**

Race Date: Saturday, October 9th, 2014

- 8:00 AM - On-site registration begins
- 9:00 AM - 5K Run Starts (rain or shine)
- 9:30 AM - 1 Mile fun run/walk begins
- 10:00 AM - 5K Awards

**Race Location**

Gifford Pinchot State Park  
 Conewago Day Use Area Off Alpine Rd  
 2200 Rosstown Rd, Lewisberry, PA 17339  
 5K and 1 Mile Run/Walk starts at the Conewago Day Use Area and runs on various trails at the park.

**Event Registration**

<input type="checkbox"/>	Lou's 5K Run	\$
<input type="checkbox"/>	Lou's 1 Mile Fun Run	\$

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Gender: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Age Day of Race: \_\_\_\_\_

**Method of Payment**

Check—Make check payable to Wipe The Tears Foundation

**T-Shirt Size**

YS	YM	YL		
AS	AM	AL	AXL	AXXL

I am over the age of 18 or have obtained my parent or guardian's consent as I hereby certify the following: (1) I know that running and/or walking in a trail race is a potentially hazardous activity and I should not enter and run unless I am medically able and properly trained. I am aware and assume all risks, including, but not limited to effects of weather (including high heat and humidity), traffic, course conditions, falls and contact with other participants. (2) In consideration of my application to participate in Lou's Grand Slam 5K Run/Walk being accepted, I, on behalf of myself, my heirs and assigns, and my estate, hereby waive and forever discharge the sponsors, organizers, affiliates, as well as their agents and employees from any and all claims that may accrue as the result of my participation, including but not limited to injury, illness, loss of life or property damage and (3) release Commonwealth of Pennsylvania, Department of Conservation and Natural Resources, Bureau of State Parks its officers, employees, agents, and volunteers from any and all claims that may arise from my participation in this program, including but not limited to injury, illness, loss of life or property damage. (4) I understand this is a trail run and there will be natural obstacles such as rocks, trees, roots and mud. I understand that non-race participants and dogs may be on the trail and enter this race at my own risk. (5) I hereby grant the Wipe the Tears Foundation, LLC and its charities specific permission to reproduce, publish, circulate copyright or otherwise use any and all photographs and/or videotape of me and/or my family, taken at the event. (6) I acknowledge that all registration

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

**Complete Form and Mail Payment to:**

**Wipe The Tears Foundation**

**5904 Locust Ln**

**Harrisburg PA, 17109**