A “SPOOKTACULAR” day of friendly competition and fun!
Race, jog or walk the scenic 5K course through historic Woodward Hill Cemetery and Lancaster County Central Park. Kids 12 and under have fun in the Monster Run within the cemetery. Costumes are encouraged for racers of all ages! Cash prizes will be given to the top three men and women overall and awards for the top three men and women by age group. Ribbons will be given to all Monster Run finishers.

registration/information
for more information visit lancasterymca.org/trick-or-trot

fees
through october 28:
$25 for 5K / $10 for Monster Run

october 30 and 31 (onsite):
$30 for 5K / $10 for Monster Run

october 31, 2015
7:00 AM Check-in begins
8:30 AM Monster Run for Kids
9:15 AM Trick or Trot 5K

Procedures from the Trick or Trot 5K and Monster Run for Kids benefit the Lancaster Family YMCA’s subsidized programs for adults, families and children in need and Woodward Hill Cemetery’s restoration efforts.

lancaster family YMCA
lancasterymca.org

woodward hill cemetery
woodwardhillcemetery.com
501 S. Queen Street, Lancaster

Woodward Hill Cemetery & Lancaster County Park
Lancaster, PA

proceeds benefit the Lancaster Family YMCA & Woodward Hill Cemetery
2015 TRICK OR TROT 5K & MONSTER RUN PRE-REGISTRATION OPTIONS

ONLINE REGISTRATION available at: www.pretzelcitysports.com
Nominal service fee applies. Closes at 12 AM on October 28.

Mail registration form with payment to:
Trick or Trot 5K, Lancaster Family YMCA
252 Harrisburg Avenue, Suite 300
Lancaster PA, 17603

Drop off registration form with payment
at any Lancaster Family YMCA Branch.

First name ___________________________
Last Name ___________________________
Gender (Please circle one.) Male Female
Birthdate: MM______ DD______ YYYY_____
Age as of Race Date _____________
Email _______________________________
Phone Number ________________________
Street Address ________________________
City________________________________
State ___________ Zip _______________

Trick or Trot 5k Pre-Registration: $25 _____
Monster Run Pre-Registration: $10 ______
T-shirt Size (Please circle one.)
YS YM YL AS AM AL AXL

CHIP TIMING BY PRETZEL CITY SPORTS

Pre-Registration Deadline: October 28
T-shirts are guaranteed only to runners who register through October 16.
T-shirts will be given to onsite registrants on a first-come, first-served basis.

TRICK OR TROT 5K AND MONSTER RUN PARTICIPANT WAIVER

Release and Waiver of Liability: You (or your child) have registered for the 2015 Trick or Trot 5k or Monster Run, which involves physical activity; completion of this form is required. This document is a release of claims, and by signing it you do the following: 1. Acknowledge that when performing any physical component of this program, you (or your child) may suffer from injury. You understand that participation involves risks and dangers which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and loss of life; loss of or damage to equipment/property; exposure to extreme conditions and circumstances; accidents, contact or collision with other participants, spectators, vehicles or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course conditions; road and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizers; and other undefined risks and dangers which may not be readily foreseeable or are presently unknown (“Risks”). You understand that these Risks may be caused in whole or in part by your actions or inactions (or those of your child), the actions or inactions of others participating in the Event, or the acts, inaction or negligence of the Released Parties defined below, and you hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which you incur as a result of your (or your child’s) participation in the Event. 2. Present to the Event Organizers, which include the Lancaster Family YMCA and Woodward Hill Cemetery, that you (or your child) are in good health and physical condition, sufficient to engage in such activities and that you (or your child) are not suffering from any condition that would prevent you (or your child) from engaging in such activities or that make participation in such activities potentially dangerous or harmful. 3. Assume the risk of, and release the Lancaster Family YMCA, Woodward Hill Cemetery, Community Action Program of Lancaster County and its associates harmless from any liability for physical or other injury that has been suffered by yourself (or your child) during, or as a consequence of, participation in the physical activities required in the curriculum of this course and you agree that neither the Lancaster Family YMCA, Woodward Hill Cemetery, or the Community Action Program of Lancaster County, nor any other person involved in organizing or teaching in this program, shall have any liability or responsibility for any injury or harm. 4. You authorize the Event Organizers to photograph or video tape you (or your child) and understand that all photos and video footage are property of the Event Organizers and could be used for publicity purposes. 5. You understand and agree that the Event Organizers will not issue credits, refunds, or deferrals of fees paid for the 2015 Trick or Trot 5k Run or Monster Run for Kids for any reason.

If the runner is 18 years or older, he or she may sign the waiver.
If the runner is 17 years old or younger, a parent or legal guardian must sign the waiver.

_____ (Please check.) I agree to the waiver shown above.
I am ____ the runner OR ____ I am the runner’s parent/guardian. Your date of birth: MM____ DD____ YYYY_____
I have read, understood, and affirm that I am (or my child is) in good health and physical condition and I am signing this of my own free will. I agree to all of the foregoing.

Signature __________________________________________ Date ________________________

BY INDICATING YOUR ACCEPTANCE OF THIS AGREEMENT AND WAIVER, YOU ARE AFFIRMING THAT YOU HAVE READ AND UNDERSTAND THIS AGREEMENT AND WAIVER AND FULLY UNDERSTAND ITS TERMS. YOU UNDERSTAND THAT YOU ARE GIVING UP SUBSTANTIAL RIGHTS, INCLUDING THE RIGHT TO SUE. YOU ACKNOWLEDGE THAT YOU ARE SIGNING THE AGREEMENT AND WAIVER FREELY AND VOLUNTARILY, AND INTEND BY YOUR ACCEPTANCE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.