

CocaliGLO 5K

Saturday, April 30, 2016 at 8 p.m.
Adamstown, PA

WHO: Runners of all ages. Gather your family, friends and co-workers and join us for this fun and rewarding 5K!

WHAT: The CocaliGLO 5K is a fundraiser for the Cocalico Cheerleader Booster Club. **We will be collecting donations for the Ronald McDonald House in Hershey, PA. Items needed:**

Single serving hot chocolate mix, fruit cups, granola bars, cheese/pb crackers, juice boxes, pretzels, chips, toothbrushes, toothpaste (NO expired items). Extra glow items given for donations rec'd (limit 5 per person).

WHERE: Adamstown, PA. The course begins and ends in the parking lot of the Adamstown Community Pool taking you through the town of Adamstown, down Main Street and Bowmansville Road with a turnaround at Good's Potato Chips. Guidance and lighting will be provided by the Adamstown Fire Police throughout the course for the safety of participants. Restroom facilities will be available for use at the Grove.

WHEN: Saturday, April 30, 2016 (Rain or Shine)
7:00 p.m. ~ Registration begins at the Grove Pavilion
8:00 p.m. ~ 5K Glow Run begins

DIRECTIONS: Route 222 to the Adamstown/Knauers Exit. Take 272 South. Turn right at light onto Willow Street. Turn left onto Main Street – 272 W. Main St., Adamstown. Parking available along Main Street and at Adamstown Elementary School.

AWARDS: Awards given for the 1st place overall male & female finishers, as well as top 3 male & female finishers in the following age brackets: 13 and under; 14-18; 19-29; 30-39; 40-49; 50-59; and 60+. No mailed awards

REGISTRATION: To Register complete the form below and submit a check/money order payable to "Cocalico Cheerleader Booster Club" by 4/15/16 to guarantee a race shirt. Registration by 4/15/16 - \$25; after 4/15/16 - \$30; Kids 13 and under - by 4/15/16 - \$15; after 4/15/16 - \$20. Race shirts avail. while supplies last after 4/15/16. Online registration available at www.pretzelcitysports.com with a nominal fee. NO REFUNDS.

CONTACT: Contact Heather Weaver at (717) 951-2504 or luv2run8377@gmail.com with any questions.

..... Please Print Clearly.

Last Name: _____ First Name: _____

Address: _____

City/State: _____ Zip: _____ Phone: _____

Email: _____ Age: _____ DOB: _____ Sex: M or F

Shirt Size (circle one): Youth: M L XL Adult: S M L XL

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials, volunteers, any and all sponsors including, but not limited to Cocalico Cheerleader Booster Club, Adamstown Borough, Cocalico School District, Adamstown Fire Police, County of Lancaster, Ronald McDonald House, Inc. and all of their representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including heat, humidity, cold, and the condition of the road; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event.

Signature: _____ Date: _____

(Parent or Guardian's signature if under 18)

Please make checks payable to "Cocalico Cheerleader Booster Club" and mail to:
126 Royal Horse Way, Reinholds, PA 17569