



**SATURDAY, MAY 21, 2016**

**Adams-Ricci Park, Enola (Near Camp Hill)  
100 East Penn Drive, Enola, PA 17025  
(use Magaro Road entrance)**

**8:00 a.m. 5K Race Registration  
8:30 a.m. Warm-up session  
9:00 a.m. 5K Run begins, *timed by Pretzel City Sports, rain or shine*  
9:05 a.m. "Walk in the Park" begins (walkers)**

**5K Race Awards: Overall Male and Female Top 3  
Age group awards 1<sup>st</sup>, 2<sup>nd</sup> U13, teens, 20s, 30s, 40s, 50s, 60+  
Race Course: hill and flat terrain; sun and shade**

**REGISTRATION: By 4/18/16 - Ages 18 & younger \$ 20; ages 19 & up \$25  
After 4/19/16 - Ages 18 & younger \$25; 19 & up \$30  
\*Register by 4/18/16 to receive a race shirt.**

*The 5<sup>th</sup> annual Spirit 5K Run/Walk is hosted by the nurses of Holy Spirit—A Geisinger Affiliate as part of their commitment to ANCC Magnet® Recognition for Excellence in Nursing. Event proceeds will benefit hospital programs including Patient Care Services for various items of patient care, inpatient Behavioral Health Services, and Pastoral Care serving anyone in need of comfort and hope.*

**For information, email [akhartzell@geisinger.edu](mailto:akhartzell@geisinger.edu) or call 717-972-4955**

<b>First Name</b>	_____	<b>Last Name</b>	_____
<b>Email</b>	_____	<b>Day Phone</b>	_____
<b>Address</b>	_____	<b>Gender</b>	<input type="checkbox"/> Male <input type="checkbox"/> Female
<b>City</b>	_____	<b>Age</b>	_____
<b>State, Zip</b>	_____	<b>Date of Birth</b>	_____ (MM/DD/YYYY)
<b>Check one: <input type="checkbox"/> timed 5K Run <input type="checkbox"/> timed 5K Walk <input type="checkbox"/> Walk in the Park (non-competitive)</b>			
<b>T-shirt Size*</b>	<input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> X-Large <input type="checkbox"/> 2X-Large <input type="checkbox"/> 3X-Large		

To register and pay by credit card on line, visit <https://www.pretzelcitysports.com/onlineform1.php?id=821>

Enclosed is my check made payable to **HSH Spirit Walk**

Please charge my credit card for \$\_\_\_\_\_ (Circle one:) VISA MasterCard AMEX  
Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_ Signature \_\_\_\_\_

WAIVER: With my signature, I hereby waive all claims against Holy Spirit, its sponsors, and assigns for any injury that I may suffer from participating in this event. I grant full permission to Holy Spirit to use my name, image, or logo for promotional purposes. I understand this waiver applies to all participants registered and for children under age 18 for whom I am responsible.

► Signature (required) \_\_\_\_\_ Date \_\_\_\_\_

*(A parent or guardian must sign if participant is younger than 18 years old.)*

**Mail completed form to:**  
Cynthia Swartz  
Holy Spirit-A Geisinger Affiliate  
503 N. 21<sup>st</sup> Street  
Camp Hill, PA 17011-9967



Holy Spirit-A Geisinger Affiliate, 503 N. 21<sup>st</sup> Street, Camp Hill, PA 17011  
Contributions are deductible to extent allowed by law. Thank you!