



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GO THE EXTRA MILE



TO BENEFIT: **L I V E S T R O N G**® AT THE YMCA

HANOVER YMCA **HALF MARATHON** SUNDAY, OCTOBER 2, 2016 8:00 A.M.

REGISTRATION:

\$55 by August 31, 2016; \$70 on or after September 1, 2016
www.pretzelcitysports.com or at any Hanover Area YMCA location
Pending USATF certification.

START/FINISH:

Race begins & ends at the Hanover YMCA, 500 N. George St. Hanover, PA
Check-in begins at 7:00 A.M. The race route will close at 11:30 A.M.
Changing rooms and showers are available

AGE DIVISIONS:

Male & Female (19 & under) (20-24) (25-29) (30-34)(35-39) (40-44)
(45-49) (50-54)(55-59) (60-69) (70 & over)

AWARDS:

Male and Female Age Division 1st, 2nd, 3rd place finishers
All runners will receive a finisher medal. A moisture-wicking long-sleeved
race shirt will be provided to those registered by August 31; others
provided while supplies last

KIDS FUN RUN:

New! 1 mile fun run for kids begins after the start of the half marathon.
\$5 per child. Separate registration form available online or at the Y.

CONTACT:

Toni Shaw, Race Director tshaw@hanoverymca.org 717-632-8211
Courtney McIlvain, Race Organizer codo143@yahoo.com 617-233-3058

LIVESTRONG AT THE YMCA, a FREE 12 week, research-based program supports cancer survivors in regaining their physical, emotional and spiritual strength and is conducted in a small group environment that includes individualized attention for each participant. Adult survivors are eligible to join the program during all stages of recovery. **LIVESTRONG** at the YMCA also serves and embraces the families and caregivers that have been affected by the disease by providing a free family membership throughout the course of the program.

Half Marathon and Kids Fun Run details online at www.hanoverymca.org



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HANOVER YMCA HALF MARATHON Registration Form

This 13.1 mile course is a winding loop through Hanover, Pennsylvania. Beginning at the Hanover Y, runners will pass beautiful farmland and scenic views in the Hershey Heights area. With only one significant hill, the race's total elevation gain is 372 feet. Runners will enjoy a long downhill and cross over into the industrial park ultimately leading them to Hanover's newly renovated rail trail. The end of the course loops through tree lined streets and ends back at the YMCA.

_____ \$55 Early registration: by August 31, 2016

_____ \$70 On or after September 1, 2016

Name: _____

Gender: Male: _____ Female: _____

Age (on Race Day): _____ Date of Birth: ____/____/____

Street Address: _____

City: _____ State: _____ Zipcode: _____

Email Address: _____ Phone: _____

Shirt Size: Small _____ Medium _____ Large _____ XLarge _____ XXL Large _____

Cancer Survivor Recognition: Are you a survivor and would you like to be recognized as such on your race bib number? Yes _____ No _____

I acknowledge that running in the Hanover YMCA Half Marathon can be a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry into this running race, I, for myself and anyone entitled to act on my behalf, waive and release the Hanover Area YMCA, its officers, directors, agents, volunteers and employees, Hanover borough, Penn Township or other governmental bodies or locations in which events or segments of events are held, all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my name, photograph, or audio/visual recordings, or any other record of this event for any legitimate purpose.

Signature: _____ Date: _____

Guardian Signature (required for runners under the age 18): _____

Make check payable to the Hanover Area YMCA and mail to:
Hanover Area YMCA, Attention: Toni Shaw, 500 N. George St. Hanover, PA 17331
Or register online: www.pretzelcitysports.com