

Race Registration Form

Run Information: *(Check event entered)*

5K Run (\$25) 1 Mile Moon Walk/Run (\$22)

Shirt Size: *(Check One)*

S M L XL

Registrants signed up by September 14th are guaranteed a shirt.

Runner's Information:

Last Name: _____

First Name: _____

Male Female Age on Race Day: _____

Address: _____

City: _____ State: _____

Zip: _____ email: _____

In consideration of your permitting me to participate in this event, on behalf of myself, my heirs, executors, administrators, successors and assigns, I hereby waive and release all rights and claims for damages which I may have against you or your assigns, the municipalities in which the event occurs, or anyone connected with the event, their heirs, executors, administrators, successors, and assigns, for any and all injuries or illnesses which I may suffer as a result of taking part in the event. I grant my permission to use my name or any audio or visual recording for any lawful purpose.

NOTE: Volunteers will be on hand to guide participants, but roads will be open to traffic.

I have read & understand the above waiver.

Signature: _____

Date: _____

Parent's Signature if under 18 years of age:

_____ Date: _____

Please mail completed form by Sept. 14th to guarantee shirts w/ payment to:

Rachael Schirato
102 West Caracas Avenue
Hershey, PA 17033

Make checks payable to **"Over the Moon Inc."**



Though it begins as my story...

Hi! I am Rachael, a high school senior who first and foremost treasures my friends more than my other loves: dogs, nature, and dancing. I seek the ultimate journey and never say no to a big adventure. I surround myself with people who have as big hearts as I do and who never fail to make me laugh. But that's not hard to do. I never stop laughing. I can't. Not when I know that if I do it will all come crashing down again. As a kid, I was the crazy one. The loud one, the partier, the one who you couldn't take to church, the one who could never make a decision, the one who never left you alone when you had a friend over.

As I grew up, I became the one who never said a word. I was too afraid to ever talk to anyone until I fully trusted you, which was almost never. I worried about every possible thing: upcoming storms, dinner, the creepy neighbor, strangers, the beach, big dogs, friends. Through high school, I noticed something different. I wasn't just afraid anymore, I was terrified. My friends ceased to exist, as well as my dancing career, my straight A student status, and my happiness. It took one friend who didn't give up on me to finally get help and start the journey to recovery.

From the most trying time of my life, I am determined to take something good out of it. Through a small survey of friends, I learned how much teenagers are affected by mental health conditions, but how little anyone receives treatment. Furthermore, I learned that most view mental health conditions as a private matter. I know that I am not the only teenager going through something that no one should have to navigate on their own. I have learned that no one openly speaks about mental illness or seeks treatment, even when desperately needed.

I have vowed to change this. With a small army of devoted friends, family, teachers, and leaders around the community, we are coming together to start the conversation on mental health conditions.



THE 2016 RACE FOR YOUNG MINDS

1st Annual Family Event
Featuring:

**5K Run/Walk
1 Mile Moon Walk**

Prizes, fun activities, raffle,
refreshments & more!

**Sunday, October 2, 2016
12:00 pm**

Shank Park
Hummelstown, PA

*Raising mental health awareness in teenagers
& benefiting Over the Moon Inc., a local non-
profit organization dedicated to mental health
treatment and awareness in teenagers.*

Shank Park

Hummelstown, PA

**Online registration also available at
www.pretzelcitysports.com or
otmadvocates.com.**

*(Nominal service fee applies; closes at midnight
September 28.)*

Pre-Registration

Registrants signed up by September 14th are
guaranteed a shirt and a race day pack

\$25 for 5K Run/Walk

\$22 for 1 Mile Moon Walk/ Run

Pre-registration packet pick-up is available day of race
beginning in Shank Park at 10:30 am.

Same Day Registration

Race Day Registration begins at 10:30 am at
Shank Park Pavilion

\$28 for 5K Run/Walk

\$25 for 1 Moon Walk/Run

*T-shirts and race day packs will only be available while
supplies last, so be sure to pre-register by September 14th.*

*Prizes for the top male and female finishers,
top three finishers in each of the following age groups, both
male and female: U15, 16-19, 20-24, 25-29, 30-34, 35-39,
40-44, 45-49, 50-59, 60-69, 70 and over.*

The race will be followed with an award ceremony,
refreshments, snacks, activities, and more!

The race will be accurately timed, with a clock at finish,
a fully marked trail, mile splits, and instant results.

Rain or shine. No refunds or mailed awards.

The course:

A reliable and well maintained nature trail marking the
border between scenic Hershey and Hummelstown
surrounded with trees, lakes, and street life. Expect a
unique course with the perfect combination of flat land
and hills. GREAT place to spend a gorgeous fall day!

Directions to Shank Park

From Hershey, Hummelstown, Palmyra:

Follow Rt. 422 WEST to Hummelstown and turn left at Lucy Ave.
**Take an immediate slight right onto bullfrog valley pond and
continue for about 1.6 miles before turning right into Shank
park. You will see a large red barn and parks signs in the
entrance. Follow the central path to the large pavilion and
main lot.**

From Reading Area:

Get on US-422 W in West Reading and follow US-222 S and PA-283
W to Toll House Rd in Londonderry Township for approximately 53.3
miles. Take the PA-230/Toll House Rd exit from PA-283 West.
Take PA-341 E/PA-341 Truck E, Steinruck Rd and Sand Hill Rd to
Shank Park.

From the Harrisburg area:

Get on I-83 N at Front Street. Take I-83 N and US-322 E to Bullfrog
Valley Road in Hershey. Continue to Shank Park.

From the Philadelphia area:

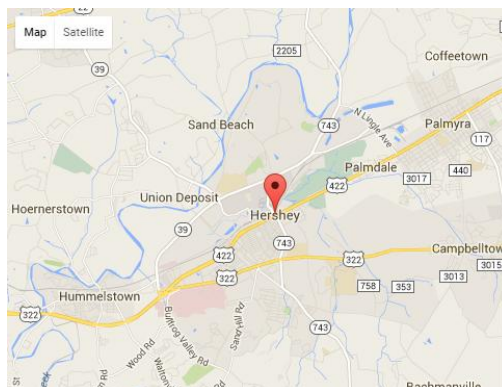
Get on I-76 W from S Penn Square and John F Kennedy Blvd.
Continue on I-76 W to Rapho Township. Take exit 266 from I-76 W.
Continue on PA-72 N to Shank Park in Hummelstown.

From the Baltimore area:

Get on I-83 N from E Lexington St. Continue on I-83 N to Swatara
Township. Take exit 46B from I-83 N.
Follow US-322 E and Bullfrog Valley Rd to Shank Park in
Hummelstown

Parking:

Parking is available in the main, lower, and upper lots
of Shank Park. Enter through the main entrance
located on Bullfrog Valley Road and follow signs to
parking lots.



About Teenaged Mental Health Conditions

1 in 5 teenagers will experience a mental health
condition at some point in a lifetime; however, 50% of
people experience a mental health condition beginning
at the age of 14. As adolescents, stress levels naturally
peak with social problems, emotional and psychological
developments, increased responsibilities in school and
the community. Teenagers are naturally more prone to
mental health conditions than any other age, leading to
full debilitating mental illnesses.

For more information visit:
www.nami.org

About Over the Moon Foundation

Through the strong efforts of local teenagers and a
small army of supporters, Over the Moon Inc. was
recently formed as a non-profit charity with the
purpose of spreading the word on mental health
conditions in teenagers through advocacy and
education to ensure everyone gets the necessary
treatment. We stand to fight back against prejudice
and stigma towards general mental health conditions
and those with or caring for someone with a mental
illness through increased awareness and education.

For more information, visit:
www.overtmoonadvocates.weebly.com

Proceeds from this event will be donated to Over the
Moon Inc., an official 501 (c)(3) non- profit organization
in support of teen mental health conditions and to
achieve the charity's goals for tackling teenaged mental
illness and the stigma associated with it.