

8th Annual Lancaster County Cross Country 5K Run/Walk

www.LancasterCountyXC5K.com

Date: Saturday, December 3, 2016

Time: Registration 8:30 a.m. – 9:30 a.m.

5K Run/Walk 10:00 a.m.

1 Mile Fun Run 11:00 a.m.

Awards 11:30 a.m. (medals: overall male and female finisher, and 1st – 3rd place in each division)

Location: Manheim Township High School Cross Country Course (start line near the tennis courts)
115 Blue Streak Blvd., Lancaster, PA 17606

Fees: includes Tech T-shirt and Goodie Bag

Pre-Registration (postmarked by Nov. 19) **Late Registration (Nov. 20 – Race Day)**

\$25 - 5K Run/Walk

*T-shirts given on first come first served basis for late registration

\$12 - Fun Run

\$30 - 5K Run/Walk

\$15 - Fun Run

Every participant and/or their parent or guardian if participant is under 18, must read the waiver below and sign in the appropriate space below. Signatures on the registration form signify each person has read, understands, and abides by this information. Please select your division and fill in the appropriate information and sign. Optional Online Registration Available at www.pretzelcitysports.com (Nominal service fee applies, closes at midnight, the Wednesday before race day)

Run Division

Boys 14 & under

Girls 14 & under

Boys 15 – 19

Girls 15 – 19

Men 20 – 29

Women 20 – 29

Men 30 – 39

Women 30 – 39

Men 40 – 49

Women 40 – 49

Men 50 – 59

Women 50 – 59

Men 60 – 69

Women 60 – 69

Men 70+

Women 70+

5K Walker Division

Men / Women

Fun Run Division (1 mile)

Boys under 12

Girls under 12

Registration Information:

Division _____

Name _____

Address _____

Phone _____

T-shirt size: YL AS AM AL AXL

Participant Signature _____

If under 18, Parent/Guardian signature _____

5K Run / 5K Walk / Fun Run (please circle one)

Race Day Age _____ MALE / FEMALE

Email: _____

City, State, Zip _____

Emergency phone _____

Liability Waiver and Photo/Video Release

With my signature above, I agree to indemnify and hold harmless Lancaster County Cross Country 5K Assoc., the Manheim Township Cross Country Booster Club and Manheim Township School District including employees, volunteers and all other persons against loss or expense, including attorney's fees by the reason of bodily injury, property damage or personal injury arising out of the negligent or intentional conduct of myself or my family members involved in the 5K run/walk event. Furthermore, I give permission for myself (or my child, if under 18) to participate in any photographs or video taken for publicity purposes. I understand participation is entirely voluntary and will involve moderate to heavy physical activity. I also understand that there are risks of accidents from participation that can result in injury. I am not affected by a physical condition or disability that would prohibit me from safely participating in this activity.

Please mail completed registration with payment (checks made payable to MT Cross Country) to:

Lancaster County XC 5K, 268 Bloomfield Drive, Lititz, PA 17543

Questions? Please contact us at: mtxc5k@gmail.com