

2016 TRICK OR TROT 5K & MONSTER RUN PRE-REGISTRATION OPTIONS

ONLINE REGISTRATION available at:

www.pretzelcitysports.com

Normal service fees apply. Closes at 11:59 PM on October 26.

Mail or drop off registration form with payment to:

Lancaster Recreation Commission

525 Fairview Avenue

Lancaster, PA 17603

First Name _____

Last Name _____

Gender (Please circle one) Male Female

Birthdate: MM ____ DD ____ YYYY ____

Age as of Race Date _____

Email _____

Phone Number _____

Street Address _____

City _____

State _____ Zip _____

Trick or Trot 5K Pre-Registration \$25 _____

Monster Run Pre-Registration \$10 _____

T-shirt Size (Please circle one.)

YS YM YL AS AM AL AXL

CHIP TIMING BY PRETZEL CITY SPORTS

Pre-Registration Deadline: October 26, 2016.

T-shirts are guaranteed only to runners who register through October 14.

T-shirts will be given to onsite registrants on a first-come, first-served basis.

RAIN OR SHINE

Registration/Information

Please visit

LancasterRec.org or

woodwardhillcemetery.com

Fees

Through October 26:

\$25 for 5K / \$10 for Monster Run

October 28 and 29 (onsite):

\$30 for 5K / \$10 for Monster Run

October 29, 2016

7:00 AM Check-in begins

8:30 AM Monster Run Activities for Kids
 including costume judging

9:30 AM Trick or Trot 5K

**Proceeds from the Trick or Trot 5K and
Monster Run for Kids benefit
Woodward Hill Cemetery's restoration
efforts and the Lancaster Recreation
Commission's Youth Athletic Scholarship Fund.**



Lancaster Recreation Commission
525 Fairview Avenue, Lancaster, PA



Woodward Hill Cemetery
501 South Queen Street, Lancaster, PA

Co-Chairs

Carrie Nunan Hill, Todd Lindsley and Randy R. Moyer

**4th Annual
Trick or Trot 5K &
Monster Run for Kids
October 29, 2016**



**Woodward Hill Cemetery &
Lancaster County Park
Lancaster, PA.**

**Proceeds benefit the Lancaster Recreation Commission
and Woodward Hill Cemetery**

Join us for a "SPOOKTACULAR" day of friendly competition and fun!

The 2016 Trick or Trot 5K and Monster Run is back with a new partner - Lancaster Rec - along with several new fun and family friendly activities have been added.

Participants may race, jog or walk the scenic 5K course through historic Woodward Hill Cemetery and Lancaster County Central Park.



PARTICIPANT WAIVER FOR RACE REGISTRATION

I know that running a road race is a potentially hazardous activity, which could cause injury or death. By my signature, I certify that I am medically able to perform this event, I am in good health, and I am properly trained. 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, and the conditions of the road, all such risks being known and appreciated by me. I will abide by all race rules. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Trick or Trot 5K and Monster Run, City of Lancaster, Community Action Program of Lancaster County, Lancaster Recreation Commission, and Woodward Hill Cemetery, and all event sponsors, their representatives and successors and race volunteers 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 photographs, audio or video recordings or any other record of this event for any legitimate purpose. I have read and understand this waiver.

Signature: _____

Date: _____

Parent's Signature if under 18 years: _____

Date: _____

ADDITIONAL INFORMATION:

- Long-sleeved t-shirt & race bag for all pre-registered 5K participants (must pre-register by 10/14 to receive a shirt).
- Costume contest (with prizes!) for children and adults.
- Monster Run for kids 12 and under. Ribbons will be given to all Monster Run finishers, prizes will be awarded to top three finishers in two age groups.
- Cash prizes awarded to top three men and women overall, age group prizes will be awarded.
- Hands-On Science Station provided by the Lancaster Science Factory.
- Race related stretching lead by Prana Functional Manual Therapy.

