



# One Mile Run/Walk Sat., Oct. 15, 8 a.m.

## Woodcrest Villa, 2001 Harrisburg Pike, Lancaster, PA

### Race Date & Time: Saturday, October 15, 8 a.m.

Fast, fun, out-and-back course so you can cheer each other on! Race run entirely on campus of Woodcrest Villa. Runners & walkers will start together. If you are a walker, please position yourself toward the back to allow faster runners to go through! Awards immediately following race. Proceeds benefit the Benevolent Care Fund at Mennonite Home Communities.

**Packet pick-up:** Friday, October 14, 3-6 p.m. & Saturday, October 15, 7-7:45 a.m. at VIVA Centre

**Packet pick-up and Race location:** VIVA Centre, Woodcrest Villa, 2001 Harrisburg Pike, Lancaster (follow signs).

### Amenities/Goodies:

- Long-sleeved cotton t-shirt and water bottle to all pre-registered (late registrants not guaranteed shirts)
- Water & fruit at finish
- Awards to top male and female overall, top M & F Woodcrest Villa Resident and top M & F Mennonite Home Communities employee. Age group awards to top two in each age group: 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89 and 90 and over – M & F!
- Full results available the Monday after the race on [pretzelcitysports.com](http://pretzelcitysports.com)

### How to register:

Online at [www.pretzelcitysports.com](http://www.pretzelcitysports.com) or return the form below with payment via check. (Make checks payable to Mennonite Home) For more info, contact Connie Buckwalter, [cbuckwalter@mennonitehome.org](mailto:cbuckwalter@mennonitehome.org), 717-390-4126.

## VIVA la Mile Run/Walk Entry Form

Please print clearly and complete an application for each participant. Please sign the waiver. Photocopies accepted.

**Mail payment to:** Woodcrest Villa, VIVA la Mile, 2001 Harrisburg Pike, Lancaster, PA 17601

### Registration fee (please check one):

- \$15** One mile run/walk registration for **MHC staff/resident \*\*MUST be RECEIVED** by Oct. 1. After Oct. 1, price is \$30
- \$10** for children under age 12 by October 1 (\$20 after October 1 and day of)
- \$25** One mile run/walk registration postmarked by October 1; **\$30** postmarked after October 1 and race day

**Name:** \_\_\_\_\_ **Sex:** M or F **Age on Race Day:** \_\_\_\_

**T-shirt size (please circle one):** Youth Size: S M L Adult Size: S M L XL XXL (shirt not guaranteed after Oct. 1)

**Address (street, city, zip code):** \_\_\_\_\_ **WCV resident?**  Yes  No

**Email:** \_\_\_\_\_ **Telephone:** \_\_\_\_\_ **MHC staff?**  Yes  No

### Waiver:

I am aware that running/walking a road race is a potentially hazardous activity. I should not volunteer or enter and run or walk unless I am medically able and properly trained. I assume any or all of the risk associated with running or walking or attending the race including, but not limited to, falls, contact with other participants, the effects of the weather and condition of the roads, all such risks being known and accepted by me. Knowing these facts and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Mennonite Home Communities, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to all parties affiliated with the race to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. **I have read and understood this waiver (if under 18, legal guardian must sign).**

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Signature (of parent or guardian, if under 18 years of age):** \_\_\_\_\_