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**SuperHero 5K**

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**SuperHero 5K**



Every Child Needs A Hero,  
Abused Children Need A SuperHero.

5k 8:30 am • Kids Fun Run 9:30 am  
Landisville Middle School

SuperHero 5k Proudly Supported  
and Presented By:

**Barley Snyder**  
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**CASA**  
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**DATE & TIME**

Saturday, June 11, 2016; 8:30 am

**LOCATION**

Landisville Middle School

**RACE REGISTRATION FEES**

SuperHero 5k: \$25 pre-registration through 5/16/2016  
\$30 5/17/2016 through race day

Kids Fun Run: \$15 (ages 3–10 years)

**REGISTRATION DETAILS**

Register online at [www.superhero5klancaster.org](http://www.superhero5klancaster.org) or complete and mail in the attached form (one for each registrant).

- 5k registrants may purchase one Lancaster Barnstormers ticket to the June 11<sup>th</sup> home game for only \$5
- Online registration closes 6/8/2016 at 11:59 pm EST, a nominal service fee applies, and mail in registration closes 6/3/2016
- There will be on site registration the morning of the race from 7:00-8:00 am
- Participants that register prior to 6/8/2016 may pick up their race day materials on 6/10/2016 at Reinsel Kuntz Leshner, 1800 Fruitville Pike, Lancaster, PA 17601 from 5-7 pm. All other registrants' packets must be picked up the morning of the race.
- Minors (under the age of 18) participating in the race must bring a signed release form to the race registration.
- SuperHero 5k participants that register by 5/16/2016 will be guaranteed a race t-shirt and goody bag.
- Kids Run Fun participants that register by 5/16/2016 will be guaranteed a SuperHero cape and goody bag.



**AWARDS & RECOGNITION** (no duplicate awards offered)

**SuperHero 5k**

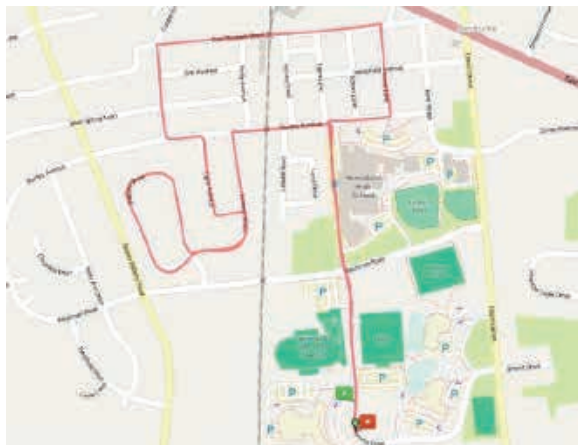
- Awards will be given to the top three male and female finishers in each age group: 10 and under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and up, Adaptive Equipment

**Awards will also be given for:**

- Best Costume: Individual
- Best Costume: Child (10 & under)
- Best Costume: Group/Family

**SUPERHERO 5K COURSE DESCRIPTION**

The map below displays our scenic course that casually loops through neighborhoods and both begins and ends at the Landisville Middle School.



*Family Festival* (8:00 AM-11:00 AM)

- SuperHero Games
- Facepainting
- Balloon Animals
- Bounce House



**\$15 per child • pre-registration & day of**

Children ages 3-10 are encouraged to dress up as their favorite SuperHero and join us for age appropriate fun runs! Kids Fun Run will begin at 9:30 am.

- 3-4 year olds 100 yard dash
- 5-6 year olds 1/8 mile
- 7-8 year olds 1/4 mile
- 9-10 year olds 1/2 mile

Kids Fun Run registration includes one FREE Lancaster Barnstormers ticket to the June 11<sup>th</sup> home game.



**Race Rules and Regulations**

1. Entry fees are non-refundable.
2. No-shows will not be mailed their race shirts or bags.
3. Runners must complete the course in one and one quarter (1 1/4) hours.
4. Headphones (iPods, mp3 players, CDs, tape players, Walkmans, radios, etc.) are discouraged.
5. Roller/in-line skates, pets, etc. are discouraged.
6. The decisions of the race director are final in all matters.
7. Event is held rain or shine.
8. Runners, walkers, and ambulatory disabled start PROMPTLY at 8:30am.
9. Awards are based on gun time.
10. To receive an award, runners must be registered for the event in which they win/place.
11. Race etiquette: Walkers, baby joggers, and strollers please yield right of way to runners.

**ENTRY FORM:**

Please accept my entrance in the following races on June 11, 2016:

- SuperHero 5k Run
- Kids Fun Run
- SuperHero 5k Run & Barnstormers Ticket

Send completed race entry forms and check to:

CASA of Lancaster County  
53 North Duke Street, Suite 218, Lancaster, PA 17602

Please make checks payable to **CASA of Lancaster County**

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Address \_\_\_\_\_

City State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Gender:  Female  Male Age on June 11, 2016: \_\_\_\_\_

**RELEASE FORM** (mandatory):

I understand and acknowledge that participating in the "Superhero 5K and/ or Kids Fun Run" (the "Event") is potentially hazardous, and that by entering and participating in the Event, I am representing that I am medically able and sufficiently trained to participate in the Event. I assume full and complete responsibility for any illness, injury or accident which may occur while I am traveling to or from the Event, during the Event, or while I am on the premises of the Event. I am also aware of and assume all risks associated with participating in the Event, including but not limited to falls, contact with other participants, effects of weather, traffic, and conditions of the road. I, for myself, and anyone on whose behalf I am executing this release, hereby waive, release, agree to indemnify and defend, and to forever discharge Court Appointed Special Advocates of Lancaster County ("CASA"), and its sponsors, vendors, and volunteers, along with all of their representatives, employees, directors, successors, and assigns (together, the "Released Parties"), from any and all liabilities, claims, actions, costs, expenses, or damages arising out of, or related to, my participation in the Event, even if such claim or liability arises out of the negligence or carelessness on the part of the Released Parties. I further grant to CASA, a royalty-free, worldwide license and permission, with the right to grant sublicenses therein, to use my photographs, pictures, recordings, or any other record of this event for promotion or any other reasonable purpose related to the Event.

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

5k runners registered by 5/16/2016 will be guaranteed a t-shirt.

T-Shirt Size:  Sm  Med  Lg  XLg  XXLg

Mail in registration closes 6/3/2016.