



LEUKEMIA &
LYMPHOMA
SOCIETY®

MAN & WOMAN
OF THE YEAR 2014

5K RACE FOR CHANGE

5K Run/Walk and 1 Mile Fun Run/Walk
Benefitting the Leukemia and Lymphoma Society
City Island • Harrisburg, PA

Sunday, March 9th, 2014

WHO: Runners of all ages and abilities. Gather your family, friends and co-workers. Walkers are also invited to participate using the same course. The course is stroller and wheelchair accessible, and pets are welcome!

WHAT: The Race for Change is a fundraiser benefitting the Leukemia & Lymphoma Society. Blood Cancer has personally touched so many of our lives, as it is the leading cancer in children and young adults. **All proceeds from the race will go directly to the Leukemia & Lymphoma Society**, an organization that supports the discovery of new treatments for blood cancer and assists affected families in hopes of changing lives. For more information about the work of the Leukemia and Lymphoma society, please visit www.lls.org

WHERE: City Island, Harrisburg, PA. Registrants can pick up their race packets at the Carousel Pavilion, beginning at 8:30 am on the day of the race. The 5K will begin with a loop around City Island, across the Walnut St. Bridge, with a turnaround at the Sunken Gardens. The 1 mile fun run/walk will be a loop around City Island.

WHEN: Sunday, March 9th, 2014
8:30 a.m. – Registration begins
10:00 a.m. – 5K begins
10:40 a.m. – 1 Mile Run/Walk begins
11:00 a.m. – Awards Ceremony and Raffle Drawing

HOW: To register, detach and complete the form below and submit a \$25 (\$10 for children 12 & under) check/money order to

10:00A.M. – 5K Run/Walk

10:40A.M. – 1M Fun Run/Walk

The Leukemia & Lymphoma Society by February 25th to receive the discounted registration rate and Race for Change cotton shirt. You may also register online at www.pretzelcitysports.com. The registration fee for entries postmarked after February 25th up to and including race day is \$30 (\$15 for children 12 & under) and will include a shirt while supplies last. Size requests will be honored to the best of our ability, but size may be substituted.

RESULTS: Finish line and timing service by Pretzel City Sports. Race results will be posted on www.pretzelcitytiming.com.

AWARDS: Medals will be presented to Overall Male and Female Champion. Medals will also be presented to top three (3) Male and three (3) Female finishers in each of the following age buckets: 14 and Under, 15-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70+ years.

AMENITIES:

Race MC is ABC 27's Josh Reed
Guaranteed T-Shirts for all Pre-Registrants
All children under 12 participating in either race receive a discounted registration rate.
Face painting, giveaways, and children's entertainment throughout the morning.
Refreshments and snacks provided after the race.
All participants receive two free raffle tickets. Extra tickets will be available for purchase up until the drawing.
Amazing raffle prizes generously donated by local businesses, including a spa package from Changes Salon and Day Spa.

REGISTRATION: RACE FOR CHANGE Complete this portion. Detach and mail. Include \$25 (\$10 if under 12 on race day) early registration fee before February 25th. Late registration fee \$30 (\$15 if under 12 on race day). Make checks payable to **The Leukemia and Lymphoma Society**. You may also register online at www.pretzelcitysports.com.

Select: 5K Runner/Walker (13 & up)

1M Fun Runner/Walker (13 and up)

5K Runner/Walker – Child (12 & under)

1M Fun Runner/Walker – Child (12 & under)

Name _____ Address _____
Phone _____ City _____ State _____ Zip _____
E-mail address _____ Age (on Race Day) _____ Male _____ Female _____

T-shirt size (circle one)
Youth S M L
Adult S M L XL XXL

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to SASH, the Boroughs of Sellersville and Perkasie, the Townships of East and West Rockhill and those in their employ, the Counties of Bucks, and all their representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. 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, including high heat and/or humidity; and the condition of the road; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event.

Signature X _____ Date _____
(Parent or guardian's signature if less than 18 years of age.)

Please make checks payable to **The Leukemia and Lymphoma Society** and mail to: 5103 S. Deerfield Ave, Mechanicsburg, PA 17050
(717)648-3591 – jenn.fert@comcast.net