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For More Information: Please contact HARTZ Physical Therapy
www.hartzpt.com 717.625.2228 fallblast5K@hartzpt.com

For More Information about Girls on the Run
go to www.gotrlancaster.org



Mandatory Release Form:

I know that running and road racing are potentially hazardous activities. I will not participate in this run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running including but not limited to, falls, contact with other participants, the effect of the weather, including high heat and humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application, I for myself and anyone entitled to act on my behalf, waive and release HARTZ Physical Therapy, the Borough of Lititz, the Lititz police department, Warwick Township, and all other volunteers, clubs or organizations assisting at the event on race day, and all sponsors, their representatives and successors 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 the waiver.

I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

HARTZ Physical Therapy's
11th ANNUAL

FALL BLAST
5K RUN / WALK



OCTOBER 4, 2014 - 9 AM
Lititz, Pennsylvania

100% of proceeds benefit

Girls on the Run
of Lancaster



Registration:

- Pre-registration: \$22.00 (includes a T-shirt) postmarked by Friday, **September 26, 2014**
- Make checks payable to **HARTZ PT Fall Blast**
- Post-registration: \$25.00 including race day 7:30am– 8:30am (includes T-shirt while supplies last)
- Online registration @ active.com until **midnight September 30, 2014**
- Pre-race day packet pick-up: **Friday, October 3, 2014**, 4:00 p.m. – 6:00 p.m. at HARTZ PT, 100 Highlands Drive, Suite 100, Lititz
- No pets or bikes on the course please!
- Race held rain or shine. Please dress accordingly.

Kids Fun Run Registration:

Kids are invited to participate in our Kids Fun Run which will occur following the 5K at approximately 10:15-10:45am. Pre-registration forms for the kid's run are available online at www.hartzpt.com. Registration for the fun run is \$10 per child and is open until the start of the 5k race on race day. Goodie bags and a T-shirt will be provided to participants while supplies last.

Teams:

Gather friends, coworkers and teammates to register for the Fall Blast as a team!

- Teams must consist of 5 or more runners/walkers and have a designated team representative.
- All team members will receive a discounted registration fee of \$20/member.
- A prize will be awarded to the LARGEST registered team.
- All teams must be registered by Friday September 26. If possible, please send all team registrations together.

***Each team member is timed individually and is eligible for a prize. Team member goodie bags will be delivered to team representatives on Thursday or Friday, October 2nd or 3rd*

Don't forget to like us on Facebook and follow us on Twitter & Instagram @HARTZPT #FallBlast5k



Awards: 5-K Run

Cash awards and free 2015 registration given to top 3 male and female runners overall. Free 2015 registration and prize to top male and female finisher in each age bracket. Prizes given to 2nd and 3rd place male and female in each age group:

14 & under	15-19	20-29	30-39	40-49	50-59	60 & Over
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No Duplication or awards will be allowed

Course Map & Directions:

Directions to the race start and a course map are located at www.hartzpt.com. The race begins and ends at Bonfield Elementary School, located at 101 North Oak Street, Lititz, PA. The course has been officially measured by Pretzel City Sports.

Entry Form:

Name _____

Street _____

City State Zip _____

Age (on Oct 4, 2014) _____ Birthday ___/___/___ Phone _____

Email _____

Please complete all categories before mailing: (check one)

T-SHIRT SIZE ** (select one): S M L XL

** Women's T-shirts are fitted, Men's are regular fit (sizes not guaranteed)

DIVISION: Male Female EVENT: 5-K Run 5-K Walk

Team: Yes No Team Name: _____ Team Captain: _____

Please return this form along with a check or money order for \$22.00/individual or \$20/team member (\$25 after Sept. 26th) made payable to HARTZ PT Fall Blast and mail to:

HARTZ Physical Therapy Fall Blast 5K
100 Highlands Drive, Suite 100, Lititz, PA 17543
www.hartzpt.com Email: fallblast5k@hartzpt.com

I agree that I have read the terms and conditions on the reverse of this form.

Signature of Runner: _____

(If entrant is under 18 years of age, signature of parent or guardian is required)