

Daystar Center for Spiritual Recovery
PRESENTS Daystar Apple Dumpling Dash for Recovery

DAYSTAR 5K RUN

& 1 MILE FUN RUN

Sun, October 9th – 4:00PM Fun Run
& 4:40PM 5K – City Island, Harrisburg, PA

LOCATION/REGISTRATION: Starts at City Island Harrisburg; Registration/number pickup on City Island, starting at 3:00 PM. 5K at 4:40 PM, Fun run at 4:00 PM.

COURSE: wheel measured course, flat and REALLY fast! Scenic too!

AMENITIES: T-shirt to all pre-registrants of 5K and post registrants while they last; Apple Dumpling to all finishers. Refreshments, loads of parking, time clock at finish and instant results. Several attractions and local restaurants (open on Sundays!). Held rain or shine. No refunds or mailed awards. Results on pretzelcitysports.com.

5K AWARDS: Awards for the male & female winners and runner-ups plus:
18 & under: 3M, 3F 19 - 29: 3M, 3F 30-39: 3M, 3F 40-49: 3M, 3F 50-50: 3M, 3F 60+: 3M, 3F

ENTRY: For 5K: \$25 if postmarked by Sept 19, 2016. Afterwards, including raceday, \$30 while shirts last. \$20 when gone. For fun run, \$10 if postmarked by Sept 19, 2016. Afterwards, including raceday, \$15. Raceday registration to CLOSE once we have as many entries as we have apple dumplings, so PREREGISTER if possible. Also, no shirts for the fun run due to the reduced fee. Shirts can be purchased for the fun run on raceday, at the cost of \$15.00, while available.

DIRECTIONS TO RACE: From the west: take 322 and follow signs for I 83 South Harrisburg. Take exit 43 2nd street follow to Market St Bridge. From the north: take 81 South to North Front St to Market St Bridge. From the south: take 83 North to South 3rd street to Market St Bridge. From the East: take PA 641 East to PA 581 E/I-83 North to Market St Bridge.

Optional Online Registration Available at www.pretzelcitysports.com
(Nominal service fee applies, closes at midnight, the Wednesday before race day)

MAIL CHECK PAYABLE TO "Daystar" & FORM BELOW TO: Daystar c/o Fern Wilcox 125 North 18th Street Harrisburg, PA 17103. RACE DIRECTOR: Fern Wilcox: (717) 271-3715 run@daystarrecovery.net

.....Please Print Clearly.....

Last name _____ First name _____

Address _____

City/State _____ Zip _____ Race day age: _____ Date of birth ____/____/____

Race (circle one): 5K 1 mile fun run Sex: M F Phone: (____) _____

Shirt Size (circle one): S M L XL email _____@_____

Already Getting Emails from Pretzel City Sports Regularly?? _____ Yes _____ No

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be traffic on the course and assume the risk for running in traffic. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the affects of the weather and the condition of the roads, all such risks being known and appreciated 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 Pretzel City Sports, Daystar Center for Spiritual Recovery and any subcontractors it utilizes, all municipalities in which the race is held, 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 any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____ date ____/____/ 2016