



**3rd Annual St. Paul's UCC Schaefferstown, Pa. Spooky Sprint
5K Run/Walk and 1 mile Fun Run/Walk**

Saturday, October 28, 2017

9:00AM 5K /9:15 AM 1 mile

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

Costumes are encouraged by all runners or walkers.

WHAT: The Spooky Sprint is to benefit at St. Paul's UCC, Schaefferstown, Pa.

WHERE: Lebanon Valley Rails to Trails, Cornwall Trailhead. The course will begin and end at the Barrell in Cornwall, Pa.

WHEN: Saturday, October 28, 2017

8:00 a.m. – Registration begins

9:00 a.m. – 5K Run/Walk begins

9:15 a.m. – 1 mile Fun Run/Walk begins

10:00 a.m. – Award presentation at finish line

10:15 a.m. -Costume judging

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

HOW: To register, complete the form below and submit check/money order payable to St. Paul's UCC Spooky Sprint postmarked by Oct. 16, 2017 to guarantee a T-shirt. For the 5K Run/Walk or 1 mile Run/Walk fees are: \$25 for anyone over 11, ages 0-10 free. If the child under 10 would like a T-shirt the cost is \$15.00. After Oct. 16, 2017 or race day adults 11 and over \$30.00 . Optional online Registration Available at www.pretzelcitysports.com. (nominal service fee applies, closes at midnight , the Wednesday before raceday.)

AWARDS: Trophies will be presented for the 5K to Overall Male and Female Champion. Awards will also be given for the 5K to the top 3 Male and Female Runners in the following categories: Age 0-19, 20-29, 30-39, 40-49, 50-59, and 60-69. Top male and female runners age 70+. Awards for costumes will be awarded.

For more info call Beth 717-507-7506 or DJ 717-202-7676 or email b.heberling@comcast.net or dj.boyer@rocketmail.com.

DIRECTIONS: LVRT.com

REGISTRATION: ST. Paul's Spooky Sprint 5K Run/Walk Complete this portion. Detach and mail. Include \$25 registration fee before October 16, 2017. Checks/Money Orders payable to St. Paul's UCC Spooky Sprint. After Oct. 16, 2017 Cost \$30.00 for adults age 11 and up.. Select: 5K Run/Walk or 1 Mile Fun Run/Walk

Name _____ Address _____
Please print
 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
--

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to St. Paul's UCC Church Schaefferstown, Pa., and all those employed in the City of Lebanon, 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 St. Paul's UCC Spooky Sprint and
Mail to: Beth Heberling 96 Creamery St Myerstown, Pa. 17067 Race Director**