

Chicken Run 5k

Saturday, October 28, 2017; 9:00 AM

Long's Park in Lancaster, PA

*Hear Ye !!
Hear Ye !!*

Run or Walk

*Proceeds to
benefit hearing
health locally*

Starts at Park City Center, Finish is at Long's Park Amphitheater

COURSE:

The run starts at the Boscov's parking area near registration and enters Long's Park through the Route 30 underpass. The run uses most of the roads in the park and a downhill stretch of grass near the amphitheater. Two other very short grass sections are used to include the paved path around the park pond. Run ends in front of the amphitheater. Overall, a gentle, scenic run with no major hills.

AWARDS:

Open Division (18-39) First Place Male & Female
 Masters Division (40 and Over) First Place Male & Female
 Male and Female age group winners - First, Second, and Third place in each group
 Age Groups: 18-29, 30-39, 40-49, 50-59, 60-69, 70-99

REGISTRATION:

\$25.00 if registered by 10/20/2017; \$30.00 after 10/20/2017 and on race day
On-line: <https://runsignup.com/Race/PA/Lancaster/ChickenRun5k>
By mail: Make check payable to **Lancaster Sertoma Club**
 Mail completed application with check to – Chicken Run 5k, 184 Meadow Lane, Conestoga, PA 17516
 No Refunds. Race will go on rain or shine. Must be 18 or older.

T-Shirts to all pre-registered entries (by 10/20); to late entries as supplies last.

RACE DAY:

Registration: 7:30 - 8:45 AM in the Boscov's parking lot at Park City.
 Baby-jogging strollers, pets, or headphones will not be permitted in the race.
 Start time: 9:00 AM. Awards presented at the Long's Park Amphitheater finish area after race.

CONTACT INFORMATION: Race Director, Bill Smith (event assisted by Lancaster Road Runners Club)
info@lancastersertoma.org - 717-278-7800 - www.lancastersertoma.org

----- Please print neatly -----

Name: _____ **Address:** _____

City: _____ **State:** _____ **Zip:** _____

DOB: _____ **Age on race day:** _____ **Gender:** ____ (M/F) **T-Shirt size:** S M L XL (circle size)

Phone: _____ **E-mail:** _____ I'm interested in receiving info about Sertoma and Sertoma's Chicken BBQ

Emergency name and phone: _____

Waiver: I hereby request permission to participate in the Lancaster Sertoma Chicken Run 5k. In consideration of my entry being accepted, I, intending to be legally bound for myself, my heirs, executors, administrators, waive and release any and all rights I have against the organization holding this event, its agents, representatives, sponsors, successors and assigns for any and all injuries suffered by me or damages out of, or related to the race. I verify that I am physically fit and have trained sufficiently for this race. I grant permission to use photos or video of me and release my name for any and all race or publicity purposes. I understand the entry fee is non-refundable in the event that the race is cancelled due to dangerous conditions or weather, and this decision is made by the race director. All the foregoing has been read by the undersigned and has voluntarily been signed.

Signature: _____ **Date:** _____