

# SAVE A WARRIOR™ 5K

Saturday, October 14, 2017 – Mountville, PA

Proceeds benefit *Save A Warrior™*



We lose 20 veterans and military members to suicide each day. Save A Warrior™ works to support and treat military members and veterans who are suffering with unseen wounds.

Learn more at [saveawarrior.org](http://saveawarrior.org)

**WHO:** Runners/walkers of all ages. Gather your family, friends and co-workers. No dogs on the course please.

**WHAT:** This 5K is a fast, fun and mostly flat course. Beginning and ending at Mountville Elementary School, participants will run past Field of Screams and thorough Mountville parks and neighborhoods. **Note:** Most roads will **not** be closed to traffic. Please follow police and volunteer instructions, obey traffic rules, and be aware of your surroundings.

**WHERE:** The run/walk begins in the Mountville Elementary School parking lot (200 College Ave). Event day registration takes place at the Mountville Community Center Gymnasium (120 College Ave.), which is adjacent to the school parking lot, beginning at 7:30 a.m. Food and drinks available at the finish line. Award presentations following the run in front of the school (in the event of rain, awards will be in the gymnasium)

- **Early Packet Pick Up:** Friday, October 13th from 4-7 pm at the Mountville Borough Park pavilion - Clay Street entrance.

**REMEMBER:** Pin your number to your shirt FRONT leaving the bottom portion unpinned so it can be removed as you cross the finish line. This is very important!

**WHEN:** Saturday, October 14, 2017 (Rain or Shine)

7:30 a.m. – Registration/Package pick up begins

8:30 a.m. – Run/walk begins

9:30 a.m. – Award Presentations

**HOW:** Participants may register three ways: Submit the mail-in application below with a \$25 check to Save A Warrior, or register online at <https://donate.saveawarrior.org/mountvilleSAW5k> (small usage fee applies) Participants can also register on the day of the event. The fee for entries received after September 30th and on the day of the event is \$30. Tech T-shirts may be available for late registrations and Event Day sign ups, but are not guaranteed.

**RESULTS:** 1, 2 and 3 mile marked. Professional timing provided by Pretzel City Sports. Race results posted post-race at the finish and on PCS website.

**PRIZES:** SAW Dog Tags and gift cards will be presented to Overall Male and Female Champion and Overall Male and Female Masters (50 plus years) Champion. SAW Dog Tags will be presented to the top three (3) Male, and three (3) Female finishers in each of the following age brackets: 14 and Under, 15-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70-79 years, and 80 plus years.

#### DIRECTIONS:

- From the West (York): Rt. 30 East to Mountville Exit. Right off the exit onto Stoney Battery Rd./College Ave.
- From the East (Lancaster): Rt. 30 West to Mountville Exit. Left off Ramp onto College Ave.
- **Parking:** Early parking at Mountville Elementary School (200 College Ave.) Additional parking at the Mountville Church of the Brethren (60 Clay Street). Follow Event Parking signs. Parking volunteers will be on hand.

**REGISTRATION: Mountville Save A Warrior 5K** - Complete this portion – please print legibly. Detach and mail. Include \$25 registration fee by September 30th. Tech T-shirts guaranteed to early registrants. Late registration fee is \$30. Checks payable to Save A Warrior™, or register online at <https://donate.saveawarrior.org/mountvilleSAW5k> (usage fee applies). Online registration ends at midnight the Wednesday before the event.

Name \_\_\_\_\_ Address \_\_\_\_\_  
*Please print*  
Phone \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
E-mail address \_\_\_\_\_ Age (on Race Day) \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Run \_\_\_\_\_ Walk \_\_\_\_\_

T-Shirt Selection (*circle one*)

Women's- XS,S,M,L,XL,XXL  
Men's – XS,S,M,L,XL,XXL

**WAIVER/RELEASE:** I hereby waive all claims against the event committee and volunteers, and all sponsors including, but not limited to: Save A Warrior, the Borough of Mountville, West Hempfield Township and Police Dept., Mountville Borough Authority, Hempfield School District, 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/walking in this event including, but not limited to: falls; contact with other participants; vehicles on the road, the effects of the weather, including extreme heat, cold, rain or snow, 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.)*

**Make checks payable to Save A Warrior™ and mail to: Save A Warrior™, PO Box 34178, Indialantic, FL 32903**  
**Questions? Email - [mountville5k@gmail.com](mailto:mountville5k@gmail.com) or Facebook: Mountville Save A Warrior 5K**