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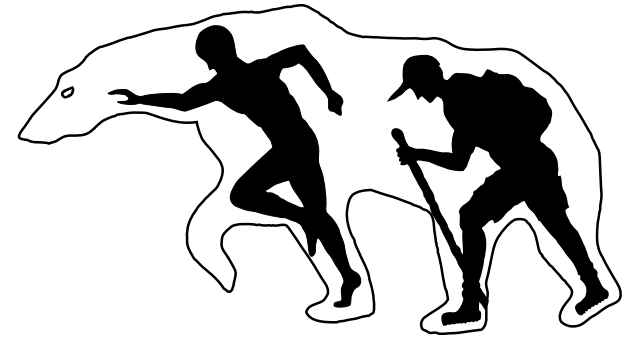
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**SIERRA CLUB
 LANCASTER GROUP**

8TH ANNUAL

**POLAR BEAR 5K
 TRAIL RUN/HIKE
 BRING THE DOG**



JANUARY 13, 2018

**LANCASTER COUNTY
 CENTRAL PARK**

**PAVILION 22
 (KIWANIS LODGE)**

RACE START: 10 A.M.

PARK HERE FOR BUS:

826 Eshelman Mill Road
 Lancaster, PA 17602

THE SIERRA CLUB – LANCASTER GROUP invites you to run or hike in this 5K (3.1 miles) trail race to show your support for the environment. Bring a dog, if you wish, to join in the merriment.

Your Sierra Club - Lancaster Group organizes a variety of activities, including tree buffer plantings, refurbishing of park gardens, trail cleanups, education programs in local schools and libraries, as well as hikes and campouts for members. The money we raise stays in Lancaster County. Please consider joining us for more adventures and thank you for participating in the Polar Bear 5K.



This fun trail run/hike will go through scenic Lancaster County Central Park. All trails are well-maintained with some hills. Since the race is in January, be prepared to run in mud, snow, and possible ice. To view route map, please visit www.lancastersierraclub.org.

The official registration and financial information of the Lancaster Group of Sierra Club may be obtained from the PA Dept. of State by calling, toll free within PA, 1-800-732-0999. Registration does not imply endorsement.



Printed on recycled paper, using vegetable-based ink.

RACE INFORMATION:

The race begins and ends at Kiwanis Lodge, located on Kiwanis Dr., just off Eshelman Mill Rd. PARKING AT 826 Eshelman Mill Rd.

Race Check-In/Registration begins at 8:30 am.

We provide a shuttle from parking to lodge (at 826 Eshelman Mill Rd). Please arrive between 8:30 & 9:30 am to catch a shuttle, register, and be at the start on time.

Prizes:

Prizes will be awarded to the overall top three male & female runners. The top three finishers with dogs (any age group) will also receive prizes.

Registration Fee:

If received by 12/20/2017, \$25 with a guaranteed t-shirt.

\$30 after Dec. 20, 2017 and through race day.

Tshirts are guaranteed for all those who register by January 3, 2018.

To promote sustainability, please bring your own water bottle. We have a bag-check to store all your personal items.

Questions: SierraClubEvent@gmail.com

For more details, please visit
www.lancastersierraclub.org

or

"Like" us on Facebook

<https://www.facebook.com/sierraclublancaster>

Cancellation will only be for severe weather and will be posted on our Facebook page. No refunds will be given for such a cancellation.



SIERRA CLUB - LANCASTER GROUP'S POLAR BEAR 5K TRAIL RUN/HIKE BRING YOUR DOG REGISTRATION

Name: _____

Address: _____

City: _____ State: _____

Zip: _____ Phone: _____

Email: _____

Are you a Sierra Club member ? Y or N

Gender: M F

Age on race day: ___10 & under ___ (11-17)

___ (18-29) ___ (30-39) ___ (40-49)

___ (50-59) ___ (60-69) ___ (70+)

Trail Run: ___ or **Hike:** ___

dog(s); name(s) _____

Check option re *Performance t-shirt:

No thank you _____ **OR**

T-shirt size: ___ S ___ M ___ L ___ XL

**Registration, with payment, must be received by January 3, 2018, in order to be guaranteed a t-shirt.*

Please make checks payable and mail to:

Sierra Club - Lancaster Group

P.O. Box 8344, Lancaster, PA 17604-8344

or

Sign up online at www.LancasterSierraClub.org and pay through PayPal.

Please note that your registration will not be complete until you sign an Acknowledgment of Risk & Liability Waiver upon checking in on race day. Copies are available to read online.