



FATHER'S DAY 5K



Spooky Nook Sports Father's Day 5K & Free Family/Kids Fun Run

Saturday, June 15, 2019

5K 9:00am

FREE Fun Run 9:45am

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.

WHAT: A fun 5K run/walk and a short family fun run designed for the whole family. For any questions contact Thomas Baughman, Race Director, Thomasb@nooksports.com.

WHERE: 99 Champ Blvd., Manheim, PA 17545. The race will start and finish at the Junction Trailhead. It will be an out and back flat course. The entire course will utilize the Lancaster Junction Trail.

WHEN: Saturday, June 15, 2019
8:00 a.m. – Registration begins
9:00 a.m. – 5K Run begins
9:45 a.m. – Family/Kids Fun Run begins
(distance is approximately ¼ mile)
10:00 a.m. – Award presentation at finish line

REGISTER: Online Registration at:
<https://www.spookynooksports.com/fitness/fathers-day-5k>
(closes at midnight on the Wednesday before race day)
In Person Registrations taken at Spooky Nook Sports Complex until June 12, 2019. NO mail-in registrations. Day of race registration available.

RESULTS: The course will be incrementally marked and the turnaround will be clearly identifiable with staff and signage. Finish line and timing service by Pretzel City Sports. Race results posted on www.pretzelcitysports.com.

AWARDS: Presented to Overall Male and Female Champion; top Male and Female finishers in each of the following age brackets: 14 and Under, 15-19 years, 20-24 years, 25-29 years, 30-34 years, 35-39 years, 40-44 years, 45-49 years, 50-54 years, 55-59 years, 60-64 years, 65-69 years, 70+ years.

DIRECTIONS:

- GPS Address for Directions:
 - 99 Champ Blvd., Manheim, PA 17545
- Parking will be located at the Fire Safety Training Building, located on Champ Blvd.
- Registration will be located at the Junction Trailhead on Champ Blvd.
- <http://www.spookynooksports.com/>

REGISTRATION SCHEDULE: Father's Day 5K:

Dates:	April 1- April 30	May 1- June 12	June 15 (Race Day)
Adult:	\$25	\$30	\$40
Youth:	\$20	\$25	\$30

Name _____ Phone _____
 Address _____ City _____ State _____ Zip _____
 E-mail address _____ Age (on Race Day) _____ Male _____ Female _____

Race: (circle one)
5K or Fun Run

T-shirt size:
Youth S M L
Adult S M L XL XXL

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to Spooky Nook Sports, East Hempfield Township and Lancaster County Parks and Recreation and those in their employ, the County of Lancaster, 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 and trail; 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.)