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**SIERRA CLUB
LANCASTER GROUP**

9TH ANNUAL

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



JANUARY 19, 2019

**LANCASTER COUNTY
CENTRAL PARK**

**PAVILION 22
(KIWANIS LODGE)**

START: 10 A.M.

AWARDS: 10:45 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.

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

More age groups!

More prizes!

Questions: SierraClubEvent@gmail.com

For more details, please visit
www.lancastersierraclub.org

or

“Like” us on Facebook

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

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.

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

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.



RACE INFORMATION:

The 5K begins and ends at Kiwanis Lodge, located on Kiwanis Dr., just off Eshelman Mill Rd. PARK AT **826 Eshelman Mill Rd.**

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

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

Prizes, Prizes, Prizes, and Yet More Prizes!
Door Prizes!

Prizes for the overall top three male & female runners.

Prizes for the top three finishers with dogs (any age group).

Prizes for the top three winners in EACH age group!

Registration Fee:

If received by 12/24/2018, \$25 with a guaranteed t-shirt.

\$30 after Dec. 24, 2018, and through race day.

T-shirts are guaranteed for all those who register by January 4, 2019.

Online cutoff 1/16/2019



Printed on recycled paper, using vegetable-based ink.



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

Name: _____

Address: _____

City: _____ State: _____

Zip: _____ Phone: _____

Email: _____

Sierra Club member? Y or N **Gender:** M or F

Age*: ___ 9 & under ___ (10-14) ___ (15-19) ___ (20-29) ___ (30-39) ___ (40-49) ___ (50-59) ___ (60-69) ___ (70-79) ___ (80+)

*as of 1/19/19

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

dog(s); name(s) _____

*Performance t-shirt included!

No thank you _____ **OR**

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

**Registration, with payment, must be received by January 4, 2019, 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.