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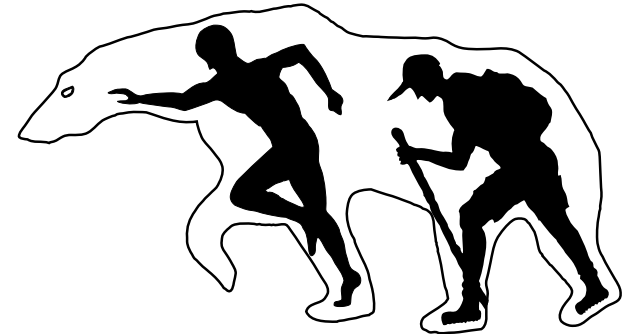


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**SIERRA CLUB
LANCASTER GROUP
10TH ANNUAL**

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



JANUARY 18, 2020

**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.

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.

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



Printed on recycled paper,
using vegetable-based ink.

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,
PARK AT **826 Eshelman Mill Rd.**

Shuttle provided from parking lot. Please arrive between 8:30 & 9:30 am to catch a shuttle, register, and be at the start on time.

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

Prizes, Prizes, Prizes, and Yet More Prizes!

Door Prizes for so many fun reasons!

Prizes for the overall top 3 male & female runners!

Prizes for the top 3 dogs with humans (any age).

Prizes for the top 3 winners in **EACH** age group!

Packet Pick-up Prize!

There are so many ways to win and so many age groups!



Packet Pick-up

Packet pick-up available night before the race on

January 17th, 4-8 p.m. at

Dick's Sporting Goods:

1587 Fruitville Pike,
Lancaster 17601

Registration Fee:

\$25, through 12/25/2019

\$30, December 26 - January 17, 2020

*Dates are postmarked or received online.
Times are as of midnight.*

\$35 for Walk-ins on race day

Performance t-shirts are guaranteed for all those who register by January 4, 2020.

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 1/18/20

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

Dog(s); name(s) _____

*Performance t-shirt included (shirts run large)

No, thank you _____

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

**Registration, with payment, must be received by January 4, 2020, in order to be guaranteed a t-shirt.*

Sign up **online** by January 15th (midnight)
www.LancasterSierraClub.org
and pay through PayPal.

If mailing, please make checks payable to:
Sierra Club - Lancaster Group
P.O. Box 8344, Lancaster, PA 17604-8344

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.