

THE PENN STATE HARRISBURG STUDENT GOVERNMENT ASSOCIATION PRESENTS:

THE 1ST ANNUAL

“IT’S BIGGER THAN YOU” 5K

& 1-MILE FUN RUN

A RUN FOR A PURPOSE

Sunday, April 7, 2019 - 2 PM - Middletown, PA

LOCATION/REGISTRATION/ABOUT: Starts at Penn State Harrisburg Campus; Registration/number pickup on Olmsted Drive, which is on campus, starting at 1:00 PM; 5K starts at 2:00 PM, 1 Mile Fun Run at 2:45 PM. All proceeds from the run will go towards our on-campus We Care Food Pantry and an organization called No Kid Hungry (www.nokidhungry.org)

COURSE: Course starts on Penn State Harrisburg’s campus, goes out into the Middletown community, and ends back on campus. Roads closed for race. 1-Mile Fun Run course is entirely on the Penn State Harrisburg campus.

1-MILE FUN RUN: All ages welcome. This run is untimed and non-competitive. Awards will not be given for this run. Participants are guaranteed a shirt and “goodie” bag if registered by MARCH 22nd. After that date and on race day, shirts will be available for sale while supplies last.

AMENITIES: T-shirt to all preregistrants of 5K and 1-Mile Fun Run if registered by MARCH 22ND ; includes “goodie” bag (Water bottle, earbuds, etc.) for 5k and 1-Mile Fun Run preregistrants. After that date and on race day, shirts available for \$10 while supplies last. Refreshments, food, and games for finishers, toilet facilities all around campus, loads of parking, time clock at finish and instant results. No refunds or 5K mailed awards. Results on www.pretzelcitysports.com in 1-2 days.

AWARDS: Trophies for top male and female 5k finishers (1st place). Medals for top three male and female 5k finishers in the following age groups: 0-12, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

ENTRY: For Penn State Students: \$5. For Community Members/ General Public: \$15. For Penn State Faculty/Staff and Children 12 & Under: \$10. Shirt and “goodie” bag guaranteed if registered by MARCH 22ND. After that date and including race day, shirts will be available for sale for \$10 while supplies last. \$5 PRICE INCREASE FOR ALL CATEGORIES ON MARCH 20TH. Registration fee on the day of race for all categories will be \$20.

Optional Online Registration Available at <https://www.raceentry.com/races/its-bigger-than-you-the-5k-a-run-for-a-purpose/2019/register>

(Nominal service fee applies, closes at midnight, the Saturday before race day)

GENERAL DIRECTIONS FOR ALL: From PA Turnpike (I-76) – Take exit 247. Follow Route 283 toward Harrisburg International Airport. Before entering the Airport complex, take the exit for Route 230 and turn left at traffic light. Proceed along Route 230 East approximately one mile.

MAIL CHECK PAYABLE TO “PENN STATE HARRISBURG SGA” & FORM BELOW TO: PENN STATE HARRISBURG SGA, 777 W HARRISBURG PIKE, SEC 113, MIDDLETOWN, PA 17057. RACE DIRECTOR: JUSTIN JONES, 201-966-2595, JJJ5446@PSU.EDU, <https://pshstudentgovernme.wixsite.com/5k1run>

.....Please Print Clearly.....

Last name _____ First name _____

Address _____

City/State _____ Zip _____ Race day age: _____ Date of birth ____/____/____

Race (circle one): 5K FUN RUN Sex: M F Phone: (____) _____

Shirt Size (circle one): XS S M L XL XXL Email _____@_____

***WAIVER MUST BE SIGNED ON THE BACK OF THIS REGISTRATION FORM**



Already Getting Emails from Pretzel City Sports Regularly?? _____ Yes _____

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be traffic on the course and assume the risk for running in traffic. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the affects of the weather and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Pretzel City Sports, **THE PENN STATE HARRISBURG STUDENT GOVERNMENT ASSOCIATION** and any subcontractors it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

signature _____ date ____/____/ 20__