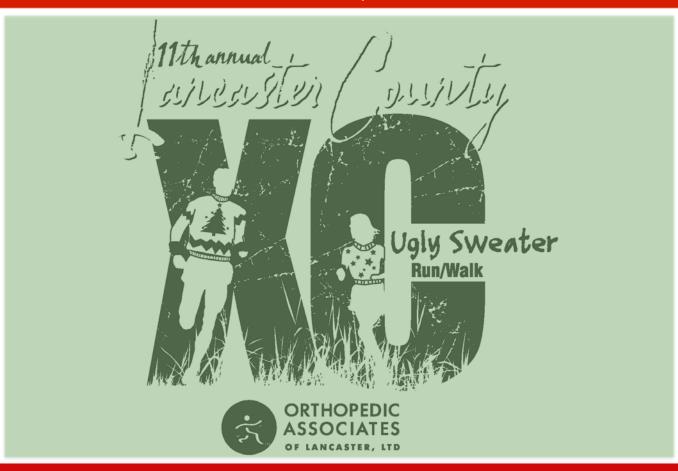
## UGLY SWEATER XC 5k RUN/WALK & 1 MILE FUN RUN

December 7, 2019



**LOCATION:** Landis Run Intermediate School (25 Blue Streak Blvd., Lancaster, PA 17601) COURSE DESCRIPTION: This rolling Cross Country course is predominantly grass and dirt terrain. **AWARDS:** Cash prize for Top 3 Overall Male and Female finishers. Prizes for Top 3 finishers in each division.

	Early Registration (thru 11/15)		
RACE FEES	5k Race / Walk	\$20	
	1M Fun Run	\$12	
	Late Registration (after 11/15)		
	5k Race / Walk	\$25	
	1M Fun Run	\$15	
	Day of Race Registration (12/7)		
	5k Race / Walk	\$30	
	1M Fun Run	\$15	

	Registration	8:30 - 9:30 AM
Œ	5k Race / Walk	10:00 AM
TIME	1M Fun Run	10:45 AM
	Awards	11:00 AM

**COMMUNITY OUTREACH:** Help us support the **Power Packs Project** and their "Protein Drive" which supplies nutritious weekend meals for students in need within our community. *Please bring 16 oz Peanut Butter, 12 oz Canned Tuna or 10 oz Canned Chicken to donate.*