

Looking for a fun and festive race for you and your friends?

Then please plan to join us for the
Ugly Sweater XC 5k Run/Walk
& 1 Mile Fun Run

Saturday, December 7, 2019
at 10:00 a.m. at the
Manheim Township School Complex

New Start Location this year:
Landis Run Intermediate School
25 Blue Streaks Blvd, 17601

All proceeds support the Manheim
Township Cross Country Booster
Club!

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 16oz
Peanut Butter, 12 oz Canned Tuna
or 10 oz Canned Chicken to donate.**

Power Packs
PROJECT
Empower. Educate. Feed.

Lancaster County XC 5k
c/o Jackie Fox
2009 Northbrook Drive
Lancaster, PA 17601

Like Us on  @UglySweaterXC5k
www.LancasterCountyXC5k.com
MTXC5k@gmail.com



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Ugly Sweater XC 5k Run/Walk

& 1 Mile Fun Run

December 7, 2019

<http://www.LancasterCountyXC5k.com/>

Like Us on  @UglySweaterXC5k



Registration	8:30 a.m. – 9:30 a.m.
5K Run/Walk	10:00 a.m.
1 Mile Fun Run	10:45 a.m.
Awards	11:00 a.m.

NEW LOCATION: LANDIS RUN INTERMEDIATE SCHOOL (25 Blue Streak Blvd, Lancaster, PA 17601)

		Early Registration (thru 11/15)	Late Registration (after 11/15)	Day of Race Registration
Fees	5k Run / 5k Walk	\$20	\$25	\$30
	1M Fun Run (≤12 yrs old)	\$12	\$15	\$15
	<i>≠ Shirt guaranteed for 5k Run/Walk & 1 Mile Fun Run participants, if registered by 11/15/19. After that date and including race day shirts available while supply last.</i>			
	<i>≠ Online registration closes 12/4 at midnight</i>			

Every participant, and/or their parent or guardian if participant is under 18, must read the waiver below and sign in the appropriate space. Signatures on the registration form signify each person has read, understands, and abides by this information. Please select your division and fill in the appropriate information and sign.

Divisions	5k Run / 5k Walk	Men & Women - ≤14, 15-19, 20-29, 30-39, 40-49, 50-59, 60+
	1M Fun Run	Boys & Girls - ≤12 yrs. old
	<i>≠ Cash prize for Top 3 overall Male & Female finishers</i>	
<i>≠ Prizes for Top 3 in each division</i>		

(tear at perforation and return lower section)

REGISTRATION INFORMATION:

Name:		Age on Day of Race:	
Address:			
Email:		Phone:	
Emergency Contact:		Phone:	
Currently on a XC Team?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	What Team?
Race:	<input type="checkbox"/> 5k Runner	<input type="checkbox"/> 5k Walker	<input type="checkbox"/> 1M Fun Run
T-Shirt Size:	<input type="checkbox"/> YS	<input type="checkbox"/> YM	<input type="checkbox"/> YL
	<input type="checkbox"/> AS	<input type="checkbox"/> AM	<input type="checkbox"/> AL
		<input type="checkbox"/> AXL	
Gender:		<input type="checkbox"/> Male	<input type="checkbox"/> Female

Liability Waiver and Photo/Video Release

With my signature above, I agree to indemnify and hold harmless Lancaster County Cross Country 5K Assoc., the Manheim Township Cross Country Booster Club and Manheim Township School District including employees, volunteers and all other persons against loss or expense, including attorney's fees by the reason of bodily injury, property damage or personal injury arising out of the negligent or intentional conduct of myself or my family members involved in the 5K run/walk event. Furthermore, I give permission for myself (or my child, if under 18) to participate in any photographs or video taken for publicity purposes. I understand participation is entirely voluntary and will involve moderate to heavy physical activity. I also understand that there are risks of accidents from participation that can result in injury. I am not affected by a physical condition or disability that would prohibit me from safely participating in this activity.

Signature:	Date:
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≠ If under 18 years old, Parent / Guardian Signature required

Register online or mail completed registration with payment (checks payable to MTXC Booster Club) to: Lancaster County XC 5K, c/o Jackie Fox, 2009 Northbrook Drive, Lancaster, PA 17601.
Questions? Please contact us at: MTXC5k@gmail.com

