

## Event Details

**Event Date:** Saturday, October 31, 2020  
(rain, snow or shine)

**Beneficiary:** **Caring Cupboard**  
131 N. Railroad St. Palmyra, PA 17078  
www.caringcupboard.org

**Start/Finish:** Londonderry Village  
**Location:** 1200 Grubb Road, Palmyra, PA 17078  
On site parking for participants/spectators

**Race Time:** **5K Run** - 9:00am start

**Packet Pick-up:** **Pre-Race Day** - Member's 1st Palmyra Branch  
Friday, October 30, 2020, 9:00 am - 6:30 pm  
960 East Main Street, Palmyra, PA 17078

### Race Day Pick-up & Registration

Desk opens at 7:30am  
Located in Londonderry Village Pavilion  
1200 Grubb Road  
Palmyra, PA 17078

**5K Age Groups:**

14 and Under	15-19
20-29	30-39
40-49	50-59
60 and Over	

*(Each age bracket is broken into male and female categories)*

**Awards:** Overall male and female winners and the top three male and female winners from each category will receive a prize.

**Door Prize Drawings!** Participants, come dressed and run in your Halloween best to be entered to win a cash prize. Any participant who donates at least two non-perishable food items will be eligible to win a cash prize as well. Random door prizes will be given away during the race and can be claimed at the prize station after the race.

**Results:** Results will be posted at race site and on the event web page at [www.gravelhillumc.org](http://www.gravelhillumc.org) the Monday following the event.

**Additional Information:** Contact: Gene Simmers, 717-838-8994  
Information and map available online at [www.gravelhillumc.org](http://www.gravelhillumc.org)

## Gravel Hill's Fall Feeding Frenzy 5K

### PARTICIPANT REGISTRATION

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_

Age (as of 10/31/20): \_\_\_\_\_

Gender: Male Female

### 5K - Registration

I cannot participate but would like to contribute \$ \_\_\_\_\_

Shirt Size: YS YM S M L XL 2XL  
(circle one) Child Child

Choose one shirt style:

Long Sleeve Dri-Fit Shirt

Long Sleeve Cotton Shirt

Pre-registration participants are guaranteed to receive their choice of either a long-sleeve dri-fit or long sleeve cotton shirt if info is received by or on October 21, 2020. If reg is received between October 22 and October 29, participants will receive a long-sleeve cotton shirt. Entries received after October 29 and Race Day Registrants will receive a shirt on a first come, first serve basis. Size and receipt of a shirt is not guaranteed.

**5K Entry Fee:** \$20 Pre-Reg / \$25 On-Site

Payments may be mailed to the address listed below.

### Sponsors - Free Entry

**Checks shall be made payable to: Gravel Hill UMC - 5K Run**

Mail registration form along with payment to:

Gravel Hill UMC - 5K Run

131 Gravel Hill Road, Palmyra, PA 17078

### Register and Pay Online

[http://www.pretzelcitysports.com/online\\_registrations.html](http://www.pretzelcitysports.com/online_registrations.html)

(closes midnight October 28, 2020)

**Liability Waiver** must be signed to participate in Gravel Hill's Fall Feeding Frenzy 5K (FFF5K).

I for myself, and/or the child recognize that running a road race is a potentially hazardous activity. I have read the race information and am familiar with the course, procedures, and rules. I should not enter and run unless I am medically able and properly trained. I certify that I am physically able to participate in this event and agree to abide by any decision of race officials relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including cold, snow, and/or ice, high heat and/or humidity, traffic and the conditions of the roads/walks/paths, I recognize and understand the aforementioned risks. Contingent upon Event Management's acceptance of my registration; having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf and by exercising my power of attorney over myself and/or the child, do hereby release and discharge the Gravel Hill United Methodist Church (a nonprofit non-governmental religious organization), the organizers, hosts and sponsors of FFF5K, their directors, officers, staff, and volunteers, the town of Palmyra, Londonderry Village, North and South Londonderry Townships and their employees from all claims of damages, demands, actions, liability and whatsoever, in any manner arising or growing out of my participation, and/or that of my child, in this event including liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, use of my name or any other record of this event for any legitimate purpose. I realize that my general information may be provided to sponsors of the FFF5K for general use purposes. For runners safety, I understand that bicycles, scooters, and roller blades are prohibited.

**I ALSO UNDERSTAND AND ACCEPT THAT THERE ARE NO REFUNDS FOR THIS EVENT UNLESS THE EVENT IS CANCELLED DUE TO COVID 19 RELATED CLOSURES\*.**

**Signature of Participant:** \_\_\_\_\_  
(Parent/Guardian must sign if entrant is under 18 years of age)

\* If Lebanon County is in the green phase at the time of the race, all precautions will be considered to ensure the safety of participants, spectators, and volunteers.

Retain this section for your records

## Gravel Hill's Fall Feeding Frenzy 5K

# Saturday, October 31, 2020

at Londonderry Village (formerly LVBH)

## 5K Run

Start - 9:00am

*Beneficiary: Caring Cupboard*

*Drawings for participants who donate food items!*

The Fall Feeding Frenzy 5K is scheduled for Saturday, October 31, 2020. Festivities begin at 7:30 am with the race start time slated for 9:00 am. Once again, runners and walkers from all over the region will come together to support the Caring Cupboard. The Caring Cupboard, located on Railroad Street in Palmyra, is a local food bank currently serving over 130 families or close to 1,700 individuals per week with basic food supplies along with perishable and non-perishable goods. A food collection area will be available on site the morning of the race for those participants wishing to donate food and/or non-perishables.

Since its inception in 2011 and through the generosity of local business sponsors and race day registrations, the Gravel Hill UMC 5K has donated over \$35,000 to the Caring Cupboard. Additionally, through participant donations, over 2,000 pounds of food have been donated to the ministry. The money and the food donations are so valuable to the Caring Cupboard, especially as the holidays draw near.

Participants and their families will be treated to soup from Hoss's, donuts from Duck Donuts, coffee from 3 J's, hot cocoa, and prizes!



## Current Sponsors:

### Smorgasbord



### Salad Bar



### Snack Bar



Where your family wants to eat!



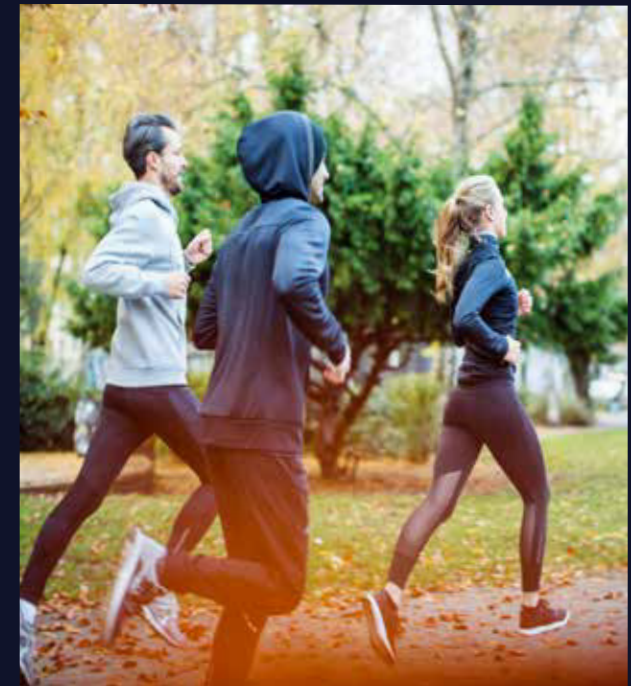
### Ala Carte

Lisa's Café | Seltzer's Bologna | Citizen's Fire Police  
The Vineyard at Hershey | Dafno's | Palmyra Area  
Recreation & Parks Commission | Palmyra Area School  
District | North Londonderry Township Police  
Annville Fire Police | Babe's Grill House | Paramount  
Sports Complex | Campbelltown Fire Police |  
Mt. Gretna Brewery | Inside Track



# OCTOBER 31 2020

STARTING AT LONDONDERRY VILLAGE



[WWW.GRAVELHILL5K.COM](http://WWW.GRAVELHILL5K.COM)