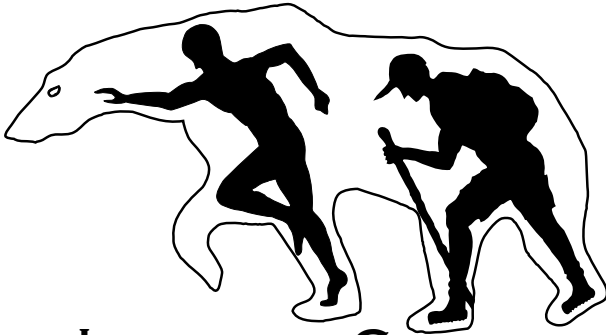


SIERRA CLUB - LANCASTER GROUP
13TH ANNUAL
POLAR BEAR 5K TRAIL RUN/HIKE
BRING THE DOG
SUNDAY, JANUARY 15, 2023



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

Sign up **online** by January 5th (midnight)
www.LancasterSierraClub.org
and pay \$30 through PayPal to be guaranteed a
beanie (knit hat) with our
Polar Bear 5K Run/Hike Logo

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

Registration must be in-hand on January 5th
to be guaranteed a beanie

January 6 through race day is \$35
with beanies as supplies last.

Online sign-up ends January 13th at Midnight

Please note that your registration will not be complete until you sign an
Acknowledgment of Risk & Liability Waiver upon checking in on race
day or online. Copies are available to read online.

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 1/15/23

Trail Run: ___ or Hike: ___ Dog(s); name(s) _____