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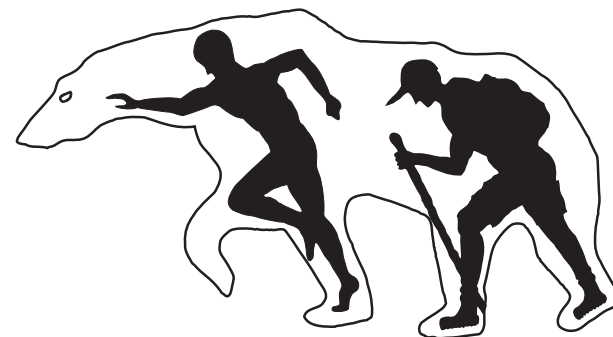


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SIERRA CLUB  
LANCASTER GROUP  
13<sup>TH</sup> ANNUAL

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

**THE SIERRA CLUB – LANCASTER GROUP** invites you to run or hike in this 5K (3.1 miles) trail race to show your support for the environment. Bring a dog, if you wish, to join in the merriment.

Questions: [SierraClubEvent@gmail.com](mailto:SierraClubEvent@gmail.com)

**For more details, please visit**  
[www.lancastersierraclub.org](http://www.lancastersierraclub.org)

or

**“Like” us on Facebook**

<https://www.facebook.com/sierraclublancaster>

*This fun trail run/hike will go through scenic Lancaster County Central Park. All trails are well-maintained with some hills. Since the race is in January, be prepared to run in mud, snow, and possible ice. To view route map, please visit [www.lancastersierraclub.org](http://www.lancastersierraclub.org).*

**To promote sustainability, please bring your own water bottle. We have a bag-check to store all your personal items.**



Printed on recycled paper,  
using vegetable-based ink.

Cancellation will only be for severe weather and will be posted on our Facebook page. No refunds will be given for such a cancellation.

The official registration and financial information of the Lancaster Group of Sierra Club may be obtained from the PA Dept. of State by calling, toll free within PA, 1-800-732-0999. Registration does not imply endorsement.



### RACE INFORMATION:

The 5K begins and ends at Kiwanis Lodge (Pavilion 22, PARK AT **826 Eshelman Mill Rd.**)

Shuttle provided from parking lot. Please arrive between 8:30 & 9:30 am to catch a shuttle, register, and be at the start on time.

Check-In/Registration begins at 8:30 am.

### Prizes, Prizes, Prizes, and Yet More Prizes!

**Door Prizes** for so many fun reasons!

**Prizes** for the overall top 3 male & female runners!

**Prizes** for the top 3 dogs with humans (any age).

**Prizes** for the top 3 winners in **EACH** age group!

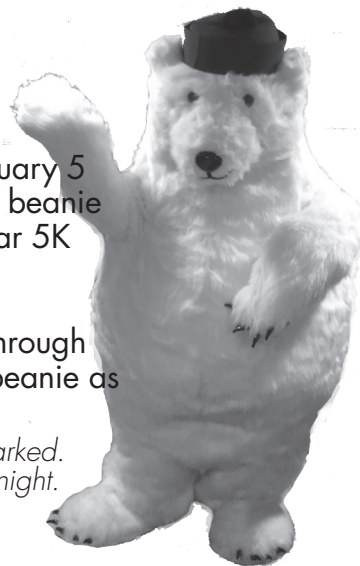
### Registration Fee:

\$30, through January 5 guarantees you a beanie with our Polar Bear 5K Run/Hike Logo

\$35, January 6 through race day with a beanie as supplies last.

*Dates are as postmarked.  
Times are as of midnight.*

\$35 for Walk-ins on race day



### SIERRA CLUB - LANCASTER GROUP'S 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)** \_\_\_\_\_

New in 2023 a beanie or knit cap with our original Polar Bear 5K Run/Hike Logo

Sign up **online** by January 13th (midnight)  
[www.LancasterSierraClub.org](http://www.LancasterSierraClub.org)  
and pay through PayPal.

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

Mailings should be postmarked by 1/10/23

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.