

# HEALING HEROES inc.

## 5k Run/Walk & FUN Run York, PA

Saturday, October 30, 2021

10:00AM 5K / 10:45 1 Mile Fun Run

**WHO:** Runners of all ages. Gather your family, friends and co-workers. Walkers are also invited to participate using the same course. The course is stroller and wheelchair accessible.

**WHAT:** 5k Run/Walk Benefits Healing Heroes, Inc  
Healing Heroes Inc is a non profit that provides healthy outlets for our veterans, first responders and their families through physical and emotional activities such as horseback riding, horsemanship and fitness.

**WHERE:** John Rudy Park York, PA. The course will be in the park. This run/walk will be in the grass area or choose the paved walkway.

**WHEN:** Saturday, October 30th, 2021  
8:30 a.m. – Registration begins  
10:00 a.m.– 5K Run begins  
10:45 a.m. – 1 mile Fun Run/Walk  
Awards immediately following 5k

**ADDRESS:**  
• 400 Mundis Race Road York, pa 17406

**QUESTIONS:** Call Tia Long-717-487-4134  
healingheroesinc@gmail.com

**HOW:** Complete the form below and submit appropriate amount.  
Check/Money order payable to Healing Heroes, Inc  
Mailed to: Stellar Fitness/Tia Long-50 N. Northern Way York, pa 17402

**5k Entry Fee:** \$25 if registered by Oct. 9<sup>th</sup> to receive a Healing Heroes 5K shirt. The fee for entries received after Oct. 9<sup>th</sup>, including Race Day, is \$30 T-shirts available while supplies last. Size requests will be honored to the best of our ability but size may be substituted.

**1 Mile Fun Run Fee:** Event is for kids & those who don't want to run or walk the 5k. if registered by October 9<sup>th</sup> \$15. The fee for entries received after Oct. 9<sup>th</sup> including race day is \$20. T-shirts and Awards are not included for this event.

Optional Online Registration Available at  
<https://www.pretzelcitysports.com/online-registration/>  
(Nominal service fee applies, closes midnight, Wed. of race week)

**5k AWARDS:** Medal will be presented to Overall Male and Female Champion. Medals presented to top three (3) Male and three (3) Female finishers in each of the following age buckets: 14 and under, 15-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70+ years.

**RESULTS:** Finish line and timing service by Pretzel City Sports.  
Race Results posted on [www.pretzelcitysports.com](http://www.pretzelcitysports.com)

**REGISTRATION: Healing Heroes 5k Run/Walk** Complete this portion. Detach and mail. Include \$25 early registration fee by October 9th. Late registration fee \$30. **1 mile Fun Run:** Early registration is \$15 or \$20 after Oct. 9<sup>th</sup>. Checks payable to Healing Heroes, Inc

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Age (on Race Day) \_\_\_\_\_

Gender: Male Female      Event (circle one): 5k RUNNER    5k WALKER    1 Mile Fun Run

Phone \_\_\_\_\_ E-mail address \_\_\_\_\_

Shirt Size (circle one)

Adult S   M   L   XL

Kids M   L

**WAIVER/RELEASE:** I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to Healing Heroes, Inc, the Boroughs of Springettsbury, the Townships of Springettsbury and those in their employ, the Counties of York all their representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. 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 high heat and/or humidity; and the condition of the road; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event.

Signature X \_\_\_\_\_ Date \_\_\_\_\_

(Parent or guardian's signature if less than 18 years of age.)

**Please make checks payable to Healing Heroes, Inc and mail to: Stellar Fitness/Tia Long 50 N.  
Northern Way, York, PA 17402**