



3rd ANNUAL RUN 4 CLEAN WATER KENYA 7-MILER/5K WALK-RUN

Saturday, August 26 8:00 AM/8:10AM
including Virtual Option

1-Mile FUN RUN for 12 & Under Starts at 7:30AM

EACH RACE REGISTRATION PROVIDES 5 YEARS OF CLEAN WATER FOR A FAMILY OF 6!

Valentine's Month Special – Bring a Loved One to the Race - EARLY ENTRY/SIGN UP Discount Extended to March 1, 2023: 1-Mile Fun Run: \$15 // 7-Miler and 5K Walk/Run: **\$30 // Karanga Challenge \$35** if registered by March 1, 2023, incl. guaranteed t-shirt and swag bag.

Note: After March 1, 2023, incl. race day, registration for 1-Mile FUN RUN is \$25 // 7-Mile 7 5K race are \$40 / Karanga Challenge is \$45.

RACE START LOCATION / DAY OF RACE REGISTRATION: Memorial Park, South Broad Street and Memorial Park Drive, Waynesboro, PA 17268. 7-Miler starts at 8:00AM and 5K starts at 8:10AM. Race-Day Registration opens at 6:30AM, closes at 7:30AM. **EARLY PACKET PICK UP ENCOURAGED**, Thursday, Aug 24th and Friday, Aug 25th 4-6 PM at Waynesboro YMCA, 810 E. Main Street, Waynesboro, PA 17268. Signs will direct you to packet pick-up location and parking at the YMCA is available.

Online Registration Only: available at www.cleanwaterkenya.com

RACE DAY “Live” COURSE: Park areas and trails with packed gravel, grass along a measured course. Clock at finish, refreshments, instant results. Rain or shine - **No refunds.**

PARTICULARS: Race registration limited to 250 participants for the 7-Miler & 5K / **\$40 for each race; 1-Mile Fun Run is \$25.** All proceeds benefit Clean Water Kenya www.cleanwaterkenya.com, and race support. **ALL Runners will receive a “Finisher Medal”.** Cash Awards for the top 3 male and female finishers in the 7-Miler/5K race (100 participants minimum); plus, top male and female finishers will be recognized in age groups: 12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. Race Medals will be sent to participants in the Virtual Event, but Awards are not given in the Virtual Event.

Karanga Challenge: 7-Mile Registrants only: **\$45.** We use a 1-gallon jug of water to simulate what it is like for a child or adult to retrieve water from a distance from their village. It could take 4-6 hours for someone to retrieve a jerry can of water (about 5 gallons). The jug would be picked up at the 3.5 Mile point and carried to the finish line. It will be a jug of Spring or Sterile water unopened for the race participant to keep. **Racers who participate in the challenge will get a challenge medal in addition to the race medal.**

VIRTUAL OPTION ALSO AVAILABLE - Not comfortable racing in person yet; or out of town on race day - **Sign up for our virtual option and you can run your own race wherever you like.** You will still get a t-shirt and help support our efforts to providing “Clean Water for Kenya! Virtual racers will not be eligible for awards. **Virtual race with shirt and medal shipped to your home \$40.**



Online Registration encouraged and available at www.cleanwaterkenya.com If not registering online:
MAIL CHECK & FORM BELOW TO: Box 861, Ligonier, PA 15658 **MUST BE POSTMARKED BY
07/31/2023/ CHECK PAYABLE TO "Clean Water Kenya" write "Run 4 Clean Water Kenya" in memo line.
After that date, race day registrations only!**

Last name _____ First name _____
Address _____
City _____ State _____ Zip _____ Sex: M F Race day age: _____
Date of birth ____/____/____ Phone: (____ - ____ - ____)
Email: (print clearly) _____

Shirt Size (circle one) Adult Size: S M L XL Youth Size: M L XL
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EVENT: Circle one: 7-Miler "Live Race" / 5K Walk/Run "Live Race" /1-Mile Fun Run / Virtual w/ shirt pickup / Virtual w/ mailed shirt

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be traffic on the course and assume the risk for running in traffic. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the effects of the weather and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge (Clean Water Kenya), any subcontractors it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to Clean Water Kenya to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign) .

Signature: _____ Date: _____

RACE DIRECTOR: Jeff Rock, 717-387-1746 or email me at jeffrock60@yahoo.com