



1st Annual

CASA Go for the Goal 5k Run/Walk & 1-mile Fun Run

Saturday, August 27, 2022

WHEN: Saturday, August 27, 2022

- 7:00 a.m. – Registration begins
- 8:00 a.m.– 5K Run begins
- 9:30 a.m. – 1 mile Fun Run

WHO: Runners and walkers of all ages. Gather your family, friends and co-workers. The course is stroller but not wheelchair accessible.

BENEFITS: The CASA Go for the Goal 5K/Fun Run is a fundraiser for the Circle of Friends Financial Aid Program, which provides financial assistance to CASA players and families in need.

WHERE: Ranger Fields at George Park: 6003 Jonestown Road, Harrisburg, PA 17112

- Registration near the Concession Stand
- Additional parking at George Park, 300 Nyes Road, Harrisburg, PA 17112
- The course will lap around the entire Park area and finish in front of the concession stand.
- Water stations will be stationed throughout the course.

5K AWARDS: Overall Male & Female plus Top 3 Male & Female in 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+; award presentation following race

RESULTS: Race results posted on www.pretzelcitysports.com

5K ENTRY FEE:

- By August 1: \$25, includes race t-shirt
- After August 1: \$30*
- On race day: \$35*

*Registrations after August 1 include race t-shirt only while supplies last.

1 MILE FUN RUN FEE: Open to all ages; awards for all participants 10 and under.

- By August 1: \$15.00, includes race t-shirt
- After August 1 and day of race: \$20*

*Registrations after August 1 include race t-shirt only while supplies last.

REGISTER:

- Online at Pretzel City Sports (nominal service fee applies, closes at 11:59 on August 23) <https://bit.ly/CASA5k>



--OR--

- Submit the attached registration form with check

FOR MORE INFORMATION: www.casasoccer.org/5k-race

QUESTIONS: Contact Danelle Barrick at danellebarrick@yahoo.com

CASA Go For the Goal 5k Run/Walk and Fun Run Registration Form: Complete the form and submit to CASA with a check for the registration fee made payable to CASA. **Drop off/mail to: CASA 5k, 1288 N. Mountain Road, Harrisburg, PA 17112.**

Name: _____

Event (circle one): 5k run/walk 1 mile fun run

Address (Street, City, State, Zip): _____

Phone: _____

Email: _____

Age (on race day): _____

Gender: _____

T-shirt size (circle one): Adult unisex: S M L XL XXL

Youth: S 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 CASA, the Township of Lower Paxton and those in their employ 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.

Participant (or parent/guardian if under 18) Signature: _____ Date: _____