



# Mental Health Heroes 5K

**RUN & WALK IN YOUR SUPERHERO GEAR TO SUPPORT MENTAL HEALTH FIRST AID**  
**Sat, April 15, 2023 @ 8:30AM - Lancaster, PA**

**LOCATION/REGISTRATION:** Open for walk up registration and packet pickup at 7:30AM at Clipper Stadium at 650 N. Prince Street Lancaster, PA 17603. 5K participants will start at 8:30 AM. To register online:

<https://www.lancasterbarnstormers.com/events-2022/csg-5k-2023/>

**COURSE:** Flat course on paved roads / sidewalks / paths. Roads closed for the race.

**AMENITIES:** T-shirt for 5K registrants and swag bags to include Barnstormer Game ticket voucher. T-Shirts guaranteed for all who register before 3/15/2023. Registrations after that (up to and including day of race) will receive shirts and swag bags depending on availability while supplies last. Refreshments for finishers, indoor toilet, plenty of onsite parking. Time clock at finish and instant results. Rain or shine event.

**AWARDS:** Awards for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Overall Male & Female plus awards for best costumes.

**ENTRY Fee:** \$22 For all registrations received before the end of 2022!!! \$25.00 registration fee 3/15/23. \$35.00 after that date and including walk up race day. Student rate (18 and under) is \$22. T-Shirts and swag bags guaranteed for registrants on or before 3/15/2023 and available while supplies last for registrants after that date.

**GENERAL DIRECTIONS FOR ALL:** From Route 30 in Lancaster, head South on 72 (Fruitville Pike) towards downtown Lancaster. Fruitville Pike turns into Prince St. Turn right from Prince St. into Clipper Stadium at 650 N. Prince St. Lancaster, PA 17603.

**Mail check PAYABLE TO "Community Services Group" & Registration Form BELOW to:**

**COMMUNITY SERVICES GROUP ATTN: ELSPETH MOFFATT PO BOX 597 MOUNTVILLE PA 17554**

**RACE DIRECTOR: ELSPETH MOFFATT (717) 293-5104, ext. 11290, [moffatte@csgonline.org](mailto:moffatte@csgonline.org)**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State: \_\_\_\_\_ Zip: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_ Date of birth \_\_/\_\_/\_\_

Sex: M F Phone: (\_\_\_\_) \_\_\_\_\_ EMail Address: \_\_\_\_\_

Shirt Size (circle one): XS S M L XL XXL XXXL

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 of 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 Pretzel City Sports, COMMUNITY SERVICES GROUP and 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 whatsoever 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. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/20\_\_\_\_