

Columbia Catholic War Veterans

Post 1306 Host the Annual PA HERO WALK

Walk, Run or Ride 14 Miles along the scenic Susquehanna River!

Saturday, May 20, 2023

8:00 Bike / 8:10 Run / 8:20 Walk

WHO: Runners Walkers and Bikers of all ages. Gather your family, friends and co-workers. The course is stroller and wheelchair accessible and leashed pets welcomed.

HOW: Complete the form below and submit appropriate amount. Check/Money order payable to C.W.V. Post 13016
Mail Form & Check to: Catholic War Veterans, 250 N. 7th St, Columbia, Pa 17512

WHERE: Start at the Columbia Crossing River Park Rail Trail, 41 Walnut St. Columbia, PA 17512 The Finish is at Fishermans Park

Optional Online Registration Available at
<https://www.pretzelcitysports.com/onlineform1.php?id=1751>
(Nominal service fee applies, closes midnight, Wed. of race week)

WHEN: Saturday, May 20, 2023

7:00 a.m. – Registration opens

8:00 a.m. – 14 Mile Bike Departs

8:10 a.m. – 14 Mile Run Starts (timed event with awards)

8:20 a.m. – 14 Mile Walk Departs

3:00 p.m. - Award presentation and Chicken BBQ

14 MILE RUN AWARDS: Award to be presented to 1st Overall Male and Female finisher plus Top Two (2) Male and Female finishers in each of the following age buckets: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70+ years. Awards not included for Bike or Walk event.

WHY: This event benefits the Pennsylvania Veterans

RESULTS: Finish line and timing service by Pretzel City Sports. Race Results posted on www.pretzelcitysports.com

Event Entry Fee: The same fee applies to either the Bike, Run or Walk \$35 if registered by May 1st to receive a PA Hero Cotton shirt, includes “goodie bag” and participation certificate. \$40 after May 1st including race day receives participation certificate and goodie bags available while supplies last. Shirt is not included after May 1st. Registrations includes comfort stations and a shuttle bus for Runners & Walkers for the return ride back to the start. Entry fee is Non- refundable.

COURSE MAP:

<https://lancastercountyplanning.org/DocumentCenter/View/900/Northwest-Lancaster-County-River-Trail-map>

Rain or Shine event

QUESTIONS: Call Donna at (717) 951-9117

REGISTRATION: Complete this portion. Detach and mail. Include \$35 early registration fee by May 1st, choose a shirt size. Late registration fee \$40, does not include shirt.

Name _____ Address _____
Please print

City _____ State _____ Zip _____ Age (on Race Day) _____

Gender: Male Female Event (circle one): RUNNER WALKER BIKER Shirt Size (Circle one) S M L XL XXL

Phone _____ E-mail address _____

I am unable to participate this year but enclosed is my donation of \$ _____ to support Pennsylvania Heroes

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to PA HERO WALK, Columbia Borough, Conoy Township and those in their employ, the Counties of Lancaster, Pretzel City Sports and 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.)

Checks payable to C.W.V. Post 1306 Mail to: C.W.V. Post 1306, 250 N. 7th St., Columbia, Pa 17512