



# Harrisburg Heroes Run

October 19, 2025 at City Island, Harrisburg PA

*Support our local heroes: wear red, white, and blue!*

**Date:** October 19, 2025

**Location: City Island:** 201 Championship Way, Harrisburg PA 17101

**Check-in:** 9:00 AM, **Guntime:** 10:00 AM for 5k, **"Legacy Loop" 1mi fun-run:** 11:00 AM

**5k Participants Get:** Trophy for top male and female for each age group, free Red t-shirt, free water, professional timing by [www.pretzelcitysports.com](http://www.pretzelcitysports.com).

**Cost:** \$20 for the 5k, \$0 for the "Legacy Loop" 1 mile fun-run/walk

**Contact email:** [spiritofservice@mail.com](mailto:spiritofservice@mail.com)

**Register:** <https://www.pretzelcitysports.com/online-registration/>

**5k Trophy Age Groups:** 10 and under, 11-14, 15-19, 20s, 30s, 40s, 50s, 60s, 70s, 80+

**FOOD TRUCK:** The Harrisburg Beach Club food truck will be on site with breakfast options!

Regular menu: <https://enjoyhbc.com/food-truck>



**T-Shirts:** Red ones FREE for 5k Runners only. 1mile runners may buy one from our store: <https://harrisburg-heroes-run.itemorder.com/shop/home/> Other colors available at our store. Sizes guaranteed if ordered until 9/19/25. After that, we can't guarantee sizes but will have some on hand as supplies last. T-shirt/bib pickup on Saturday, October 18 from 2-7PM at Pavilion #1 in Koons Park: 6030 Larue St, Linglestown, PA 17112.

**Course:** Around City Island, across the Market Street Bridge, to Riverfront Park, and turn around to go back to City Island.

**Organized by:** Pierce Group Initiative and Spirit of Service Organization. Proceeds benefit Dauphin County Wills for Heroes program run by Spirit of Service and PA Bar Association, providing free will and estate paperwork for veterans, first responders, and their families.