

# 8<sup>th</sup> ANNUAL

## RUN FOR THE PARK



# CROSS COUNTRY CHALLENGE

## 5K RUN / WALK

(Rain or Shine)

August 6, 2016  
Hanover, PA

[ABOUT THE PARK](#) 

[EVENT DETAILS](#) 

West Manheim Township purchased 113 acre farm to use as a community park. The West Manheim Township Park & Recreation Board was established as a non-profit organization to oversee fundraising and construction of the park. Construction and maintenance relies on grants, donations, and fundraisers. Currently there are two multipurpose ball fields, a 5 acre dog park, pavilion, two beach volleyball courts, two horseshoe pits, grilles, trails for hiking, running, and mountain biking, and benches and picnic tables throughout the park. Future plans for the park include disk golf, playgrounds, and additional ball fields, volleyball courts, and pavilions. For more details visit: [www.westmanheimtp.com](http://www.westmanheimtp.com) and/or [www.facebook.com/wmtpark](http://www.facebook.com/wmtpark)

### **Sponsors Supporting Race**

#### **Lincoln Investment Planning**

[www.lincolninvestment.com](http://www.lincolninvestment.com)  
1-800-201-8686 / (717) 633-5761  
Financial Planning, Mutual Funds,  
Annuities, Insurance, Individual Securities,  
Retirement (individual & work group plans)

#### **Hanover Auto Team**

[www.hanoverautoteam.com](http://www.hanoverautoteam.com)  
Toyota-Scion-Lots for Less-Nissan  
Hanover Rental Cars  
Hanover Collision & Repair

#### **Solemates**

[www.solematesrunning.com](http://www.solematesrunning.com)  
(717) 634-2870  
Running & Walking Specialty Store

#### **Fraternal Order of Eagles**

##### **Aerie 1406 – Hanover**

[www.hanovereagles1406.com](http://www.hanovereagles1406.com)  
(717) 637-1406  
Food-Entertainment-Catering

#### **Snyder's Lance**

[www.snyderslance.com](http://www.snyderslance.com)  
Snyder's of Hanover, Lance, Cape Cod,  
Pop Secret, Emerald, Diamond, Stella D'oro

#### **Smith's Sanitary Septic Service**

[www.septiccleaninghanoverpa.com/](http://www.septiccleaninghanoverpa.com/)  
(717) 524-0343  
Repairs, Replacement, Inspections,  
Pumping Services  
24-Hour Emergency Services

#### **Dave's Tractor World**

[www.davestracorworldllc.com](http://www.davestracorworldllc.com)  
Hanover (717) 633-6704  
Gardners (717) 486-6703  
Carlisle (717) 458-8484  
Lawn, Garden Equipment, Snow Blowers  
Repair – Service – Sales

#### **Dick's Sporting Goods**

[www.dickssportinggoods.com](http://www.dickssportinggoods.com)

#### **Roller Printing Co Inc.**

(717) 632-1433  
Labels, Banners, T-Shirts, Graphic Design,  
Business Cards, Invitations, Programs,  
Copying, NCR Forms, Brochures, & More

#### **C.S. Davidson, Inc.**

[www.csdavidson.com](http://www.csdavidson.com)  
York (717) 846-4805  
Gettysburg (717) 337-3021  
Lancaster (717) 481-2991  
Civil-Structural-Municipal-Transportation  
Construction Inspection & Materials Testing  
Stormwater-Wastewater-Water Treatment

#### **Weaver's Screen Printing Inc.**

[www.hanovershirts.com](http://www.hanovershirts.com)  
(717) 632-9158  
Shirts, Hats, Coats, Pants, Shorts, Sweatshirts

#### **Sal's Pizza & Subs**

[www.salspizzaandsubs.com](http://www.salspizzaandsubs.com)  
(717) 633-1234

Organized by South Penn Road Runners Club and West Manheim Township Recreation Park & Recreation Board  
Benefits the West Manheim Township Park  
Permission granted to duplicate form

Name: \_\_\_\_\_ Age Race Day \_\_\_\_\_ Birth Date \_\_\_\_\_ Gender: M F

Street: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_ e-mail: \_\_\_\_\_ Shirt: YS YM YL S M L XL

(Fill in only if a member of a team) Team name : \_\_\_\_\_ Team Captain: \_\_\_\_\_

**Release and Waiver: Please read and sign. If under 18, parent or guardian must sign.** I know that running a race is a potentially hazardous activity and I should not enter and run unless I am medically able and properly trained. I am aware of and assume all risks, including, but not limited to effects of weather (including high heat and humidity), traffic, course conditions, falls, and contact with other participants. Having read this waiver, knowing these facts and in consideration of your accepting my entry, I, for myself, and anyone entitled to action on my behalf, waive and release West Manheim Township, West Manheim Township Park and Recreation Board, South Penn Road Runners, any other event organizers, volunteers, and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event, even though such liability may arise out of negligence or carelessness on part of the persons named in this waiver. I understand bikes, strollers of any kind, or animals are not allowed in the races, and I will abide by this guideline. I grant permission to use any photographs, videotapes, motion pictures, website images, recordings or any other record of this event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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**EVENT & DATE:** (Rain or Shine)

8th Annual Run For The Park  
Cross Country Challenge  
August 6, 2016

**TIME & SCHEDULE**

Registration 7:15 - 8:20 a.m.  
5K Run/Walk 8:30 a.m.  
Awards/Random Prizes ~ 9:30 a.m.

**LOCATION**

West Manheim Township Recreation Park  
255 St. Bartholomew Road  
Hanover PA 17331

Registration &amp; awards ceremony at pavilion.

**RACE INFORMATION**

Jeff Klenk, Race Director  
Phone: (717) 633-5361  
Email: jdklenk@embarqmail.com  
Website: www.sprghanover.org

**ABOUT THE EVENT & COURSE**

Quickly position yourself to enter wooded trail and save enough strength to attack "cardiac hill" before the finishing stretch. ☺ Course consists of moderate hills, grassy & wooded trails, stretch of crusher run. ☺ Open scenic layout for friends and family to view majority of the run. ☺ Awards, random prizes and post race refreshments. ☺ Great workout for runners and walkers. ☺ Use as a tune up for the upcoming cross country season. ☺ Help a community park that relies on donations and grants. ☺ **Funds raised to purchase picnic tables for new pavilion.**

**COURSE RECORDS**

Male 18:06 Brady Wilt (2013)  
Female 22:31 Andrea Kramer (2014)

**ENTRY FEES**

Received before race day.  
Individuals \$20  
Team \$60 (\$15 per team member)

Race day.  
Individuals \$25  
Team \$80 (\$20 per team member)

**EVENT T-SHIRTS**

-Guaranteed if postmarked on or before 7/29  
-Not guaranteed if postmarked after 7/29  
-No T-shirt for race day registration.

**PAYMENT - No Refunds**

Complete and detach the above entry form. Make checks payable to **West Manheim Township Park**, and mail to:

Run For The Park  
c/o Jeff Klenk  
12 Lisawood Court  
Hanover, PA 17331

**AWARDS - Male / Female / Teams**

(Must be present to receive)

**Overall Male & Female Winners**

Dick's Sporting Goods Certificate (\$50)  
Texas Roadhouse Gift Certificate (\$15)  
Medal

Beat course record and earn free entry to the 2017 Run for the Park 5K to defend the record.

**Age Groups**

&lt;14, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

Medals to top 3 in each age group.

20+ age group winners receive Dick's Sporting Goods \$20 Bonus Certificates

**Master Male / Female Winners (40 & over)**

(if overall winner, the individual will only earn overall awards, the next master individual will earn the master's award)

\$50 Dick's Sporting Goods Certificate + Medal

**Teams**

First place team members each receive a Solemates \$25 Gift Certificate and medal.

Second & third place team members each receive medal.

\*\*Team members are also eligible to win age group awards.

**RANDOM PRIZES** (must be present to win)

Various prizes which may include regional restaurant gift certificates, Dick's bonus certificates, movie passes, & 3 tickets to a Philadelphia Eagles preseason game.

**TEAM ENTRY / CATEGORY**

**4 Person Coed Team** (must have two people of each sex). Each person on the team must complete an individual race application.

Team captain must submit a separate team registration form available at [www.sprghanover.org](http://www.sprghanover.org). Changes to teams will not be allowed on race day.

Scoring will be the same as a cross country meet. Teams earn points by their top three members' finishing place amongst runners from other teams. The fourth team finisher is a displacement non-scoring runner.

The team with the lowest point total wins. In the event of a tie, the lowest combined time of all four members will decide the winner.

2016 RUN FOR THE PARK  
5K CROSS COUNTRY CHALLENGE  
TEAM REGISTRATION FORM

**Team Name:** \_\_\_\_\_

**Team Captain:**

**Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Team Members:** (print names as they appear on individual entry form)

<b>Name</b>	<b>M/F</b>	<b>Age</b>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Cut**.....**Cut**

The team category is a 4 Person Coed Team (must have two people of each sex). Each person on the team must complete and submit an individual race application. The team captain must submit the above team registration form. *Changes to teams will not be allowed on race day.* You may make changes up to 5 p.m. on August 5<sup>th</sup> by emailing [jdklenk@embarqmail.com](mailto:jdklenk@embarqmail.com) or call (717) 633-5361.

Scoring will be the same as a cross country meet. Teams earn points by their top three members' finishing places amongst other team runners. The fourth finishing team member is a displacement runner and non-scoring. The team with the lowest point total wins. In the event of a tie, the lowest combined time of the entire team will decide the winner. The winning team members will earn a medal and \$25 Solemates gift certificate. Second and third place teams will earn medals. Team members are also eligible to win individual race awards.

Mail team form to Run For The Park, c/o Jeff Klenk, 12 Lisawood Court, Hanover, PA 17331.