



## 5K RUN / WALK

**New Course!!**

(Rain or Shine)

**August 3, 2019**

**Hanover, PA**

### **ABOUT THE PARK**



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 an all accessible playground, multipurpose ball fields, a 5 acre dog park, two pavilions, two beach volleyball courts, horseshoe pits, grilles, trails for hiking, running, and mountain biking, and benches and picnic tables throughout the park. For more details visit: [www.westmanheimtwp.com](http://www.westmanheimtwp.com) and/or [www.facebook.com/wmtpark](http://www.facebook.com/wmtpark).

### **EVENT DETAILS**



## **Sponsors Supporting Race**

### **Keith D. Smith Concrete**

[www.keithsmithconcrete.com](http://www.keithsmithconcrete.com)  
(717)-633-7842

Commercial-Residential-Specialties  
Foundations, Walls, Driveways, Patios,  
Stamped Concrete, Excavating & Hauling,  
and More

### **Hanover Auto Team**

[www.hanoverautoteam.com](http://www.hanoverautoteam.com)  
(717) 633-1818

Toyota-Scion-Lots for Less-Nissan  
Hanover Rental Cars  
Hanover Collision & Repair

### **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)

### **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

**10<sup>th</sup> RUN FOR THE PARK****RACE ENTRY FORM****AUGUST 3, 2019**

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)10<sup>th</sup> Run For The Park  
Cross Country Challenge  
August 3, 2019**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**

**NEW COURSE for 2019!!** A scenic area with a challenging cross country course. ☺ A great workout for runners and walkers. Also a way to tune up for those running cross country this season. ☺ The course consists of grassy and wooded trails, a stretch of crusher run, and all types of hills. ☺ The last half mile consists of Cardiac Hill, a stretch to recoup and position yourself into the final wooded trail, and then a fast flat finish after exiting the woods. ☺ The layout allows for friends and family to view a good portion of the run. ☺ Awards and post-race refreshments. ☺ Help a community park that relies on donations and grants.

**ENTRY FEES**

Received before race day &amp; includes T-shirt if postmarked 7/26 or before.

Individuals \$20  
Team \$60

Race day (No T-Shirt)

Individuals \$20  
Team \$60**EVENT T-SHIRTS**

-Guaranteed if postmarked on or before 7/26

-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 &amp; additional awards may be added since this flyer has been issued.

**Overall Male & Female Winners**Olive Garden Gift Certificate (\$20)  
Medal**Age Groups**

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

Medals to top 3 in each age group.

**Teams**

First place team receives an Applebee's restaurant \$25 Gift Certificate and each member receives a medal.

Second &amp; third place team members each receive medal.

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

**TEAM ENTRY / CATEGORY**

**3 Person Coed Team** (must have one person of the opposite 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 the members' finishing place amongst runners from other teams.

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