



## 5K RUN / WALK (Rain or Shine)

**August 4, 2018  
Hanover, PA**

**BENEFITS** (proceeds split 50/50) 

**EVENT DETAILS** 

**West Manheim Township Recreational 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 two multipurpose ball fields, a 5 acre dog park, two pavilions, two beach volleyball courts, two horseshoe pits, grilles, trails for hiking, running, and mountain biking, and benches and picnic tables throughout the park. The Park is currently working towards an all-inclusive playground. For more details visit: [www.westmanheimtwp.com](http://www.westmanheimtwp.com) and/or [www.facebook.com/wmtpark](http://www.facebook.com/wmtpark).

**Crohn's & Colitis Foundation** -The Crohn's & Colitis Foundation is a non-profit, volunteer-driven organization dedicated to finding the cures for Crohn's Disease and ulcerative colitis, and to improving the quality of life of children and adults affected by these diseases. The Foundation has remained at the forefront of research in Crohn's disease and ulcerative colitis, collectively known as inflammatory bowel diseases (IBD). They fund cutting-edge studies at major medical institutions, nurture investigators at the early stages of their careers, and finance underdeveloped areas of research. Their professional education workshops and programs, along with their scientific journal, Inflammatory Bowel Diseases, enable medical professionals to keep pace with this rapidly growing field. The Foundation is collaborating with healthcare providers to improve IBD quality of care, as well as educating, supporting, and empowering patients and their caregivers through patient-centric education and advocacy programs. For more details visit: [www.crohnscolitisfoundation.org](http://www.crohnscolitisfoundation.org)

### **Businesses Supporting the Event & Causes**

#### **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)

#### **Run Moore**

[www.letsrunmoore.com](http://www.letsrunmoore.com)  
(443) 201-8203  
Running Shop & Race Planning Services

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

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

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

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

#### **Hanover Auto Team**

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

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

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

#### **Color Wheel**

[www.colorwheel-flooringamerica.com](http://www.colorwheel-flooringamerica.com)  
(717) 632-1455  
Flooring-Carpet-Laminate-Hardwood-More

**Organized by South Penn Road Runners Club and West Manheim Township Recreation Park & Recreation Board  
Benefits the West Manheim Township Park and Crohn's & Colitis Foundation  
Permission granted to duplicate form**

**RUN FOR THE PARK 5K CC CHALLENGE**

**RACE ENTRY FORM**

**AUGUST 4, 2018**

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: \_\_\_\_\_

CUT

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

Run For The Park 5K  
Cross Country Challenge  
August 4, 2018

**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 & 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**

Event's 9<sup>th</sup> year ☺ 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. ☺

**COURSE RECORDS**

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

**ENTRY FEES**

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

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

**EVENT T-SHIRTS**

-Additional cost of \$7  
-Mark size on application  
-White with two color graphics  
-Only available by pre-registration  
-Guaranteed if postmarked on or before 7/28  
-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 Certificates (\$20)  
Texas Roadhouse Dinner for 2 (\$30)  
Medal

**Age Groups**

<14, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

Medals to top 3 in each age group.

Age group winners receive Dick's Sporting Goods \$10 Bonus Certificate

**Teams**

First place team members each receive a Dick's Sporting Goods \$10 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.

**PROCEEDS BENEFIT**

The proceeds will be split 50/50 between the West Manheim Township Recreational Park and the Crohn's & Colitis Foundation.