

*Safer than ice hockey and no there's no penalty box at the...*

**2008 – 2009 HARRC 5K WINTER SERIES**

It's cold, it's fun, and it's for a great cause! **EVERYONE WELCOME!!!!**

**Dates:** 9 AM Saturday *November 29, 2008* - *Harrisburg East Shore YMCA*  
9 AM Saturday *December 20, 2008* -*Harrisburg East Shore YMCA*  
9 AM Saturday *January 24, 2009* - *Harrisburg East Shore YMCA*

**East Shore YMCA- address is:** 701 North Front Street, Harrisburg PA. Parking available in YMCA parking lot.

**\*\*Distance:** Series of **5K** races sponsored by the Harrisburg Area Road Runners Club  
**\*\*ALL** proceeds benefit **Domestic Violence Services of Cumberland & Perry Counties\*\***

**Time:** Registration begins at 8:30 AM . 5K race starts promptly at **9 AM.**  
**Course:** Accurately-measured, flat course along the beautiful Susquehanna River; starts by Kunkel Plaza  
**Kids Fun Run:** Weather-permitting, there will be a ¼ mile fun run for children 10 and under at 8:50. All participants will receive a prize.

**Entry Fee/Race:** **HARRC members \$6; Non-HARRC runners - \$7; students \$3**  
**\*\*\*Please make checks payable to Domestic Violence Services of Cumberland and Perry Counties\*\*\***

**Inclement Weather:** We're a hearty group, but call Dave and Marge Lebo at 770-2231 for cancellation information

*This low--key race series will not provide T- shirts, but we will have:*

**\*Awards for:** *Overall M & F as well as First and Second M/F in the following age categories: under 14; 15 – 19; 20 – 29; 30 – 39; 40 – 49; 50 – 59; 60 & over*

**\*Random Prizes**

**\*As always, we'll have post-race carbs and gourmet coffee courtesy of Cornerstone Coffeeshouse**

-----  
NAME: \_\_\_\_\_ SEX: \_\_\_\_\_ AGE: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_ CITY/STATE: \_\_\_\_\_  
SIGNATURE \_\_\_\_\_ (parental if under 18)

I certify that I am in good health and am conditioned for this event. I, the above signed entrant or parent/ Guardian take full and total responsibility for myself and my guardians in this event. I waive and release ANY claim for damages or injuries as a result of participating in this event. I waive and release any and all Organizations connected with this event including the Harrisburg Area Road Runners Club, the City of Harrisburg, Harrisburg East Shore YMCA and all race volunteers for any damages, injuries, or losses that I may suffer because of this event. IF I HURT MYSELF IN ANY MANNER DURING THIS EVENT, IT IS MY OWN RESPONSIBILITY AND I HOLD NO PERSON OR ORGANIZATION LIABLE OR RESPONSIBLE FOR ANY INJURY, OTHER THAN MYSELF. ONLY I OR MY PARENT/GUARDIAN WILL ASSUME FINANCIAL RESPONSIBILITY FOR ANY INJURY ASSOCIATED WITH THIS **EVENT**.

Comment [rb1]:

