

While the weather outside may be frightful, the HARRC Winter Series is delightful.....

2009 – 2010 HARRC 5K WINTER SERIES

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

Dates: 9 AM Saturday *November 28, 2009* - *Harrisburg East Shore YMCA*

9 AM Saturday *December 19, 2009* -*Harrisburg East Shore YMCA*

9 AM Saturday *January 23, 2010* - *Harrisburg East Shore YMCA*

****ALL Donations Support Domestic Violence Services of Cumberland and Perry Counties****

East Shore YMCA- address is: 701 North Front Street, Harrisburg PA. Parking available in YMCA parking lot; you will need to purchase a token if you use the Y lot. Street parking also available.

****Distance:** Series of **5K** races sponsored by the Harrisburg Area Road Runners Club
Time: Registration begins at 8:15 AM . 5K race starts promptly at **9 AM.** Registration is race-day only.

Course: Accurately-measured, flat course along the Susquehanna River; starts by Kunkel Plaza

Hershey Bar Kids Fun Run: Weather-permitting, there will be a ¼ mile fun run for children 10 and under at 8:50.

****New this year: Sign up for all 3 events for \$25 (students \$18) at first event and receive a nylon "Gotta Run.." tote/backpack!!!**

Otherwise donation per race: HARRC members \$7; Non-HARRC runners - \$8; students \$4

******Please make checks payable to DVS of Cumberland and Perry Counties******

Inclement Weather: call Dave and Marge Lebo at 770-2231 for cancellation info.

Amenities:

*** Awards:** 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 Coffeehouse**

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.

