



Saturday, November 19, 2011 at 8 a.m.
 Start: Lebanon Farmer's Market
 Finish: Lebanon High School

Proceeds will benefit the Lebanon Valley Family YMCA and Good Samaritan Health System

Registration Fee: \$20 before 11/17
 \$25 after 11/17

Fee includes a long sleeve shirt

- ⇒ Register online at Active.com
- ⇒ Register in person by contacting the Lebanon Valley Family YMCA at 717-273-2691
- ⇒ Register by mail...see instructions below

Special Race Features:

- Individual Race Preparation Available: Contact the Lebanon Valley Family YMCA at 273-2691
- Scenic course through Lebanon City and Rails to Trails
- RacePacket Pick-Up Lebanon Valley Family YMCA on Friday, November 18 from 1 p.m. to 9 p.m. or at the registration booth in front of the Lebanon Farmers market on race day from 7 to 7:45 a.m.
- Best Dressed Award: Dress to Impress and Win.
- CLA Holiday Parade begins at 10:00 on Race Day!

For more information visit givethanksforlebanon.org

First Name: _____ Last Name: _____ Gender: Male or Female (circle one)

Address: _____ City: _____ State: _____ Zip: _____

Race: 5K or 10K (circle one) Age (on race day): _____ Shirt Size: S M L XL XXL (circle one)

Email: _____ Phone Number: _____

\$20.00 before 11/17 \$25.00 after 11/17

Please make checks payable to Lebanon Valley Family YMCA.

Mail registration panel and check to Phil Tipton c/o Lebanon Valley Family YMCA, 201 N. 7th Street, Lebanon, PA 17046.

Sign the waiver on the bottom of this panel. Form may be duplicated.
This is a rain or shine event.

Race Description: *Rolling Hills, Out-and-Back Course*

5K

- Start at Lebanon Farmer's Market on South 8th Street.
- Continue south along 8th Street to Lebanon High School (LHS).
- 5K racers go up hill around LHS to the rear parking lot where they turn onto the Rail Trail.
- 5K racers follow Rail Trail until turnaround at Lebanon Cardiology. Trail will be well marked and race marshalls will be at key points throughout the race. Water station at turnaround.
- After turning around, 5K racers follow trail back to the high school to the finish line.

10K

- Start at Lebanon Farmer's Market on South 8th Street.
- 10K racers continue along 8th Street to Lebanon High School (LHS).
- 10 K racers bear left to follow Rail Trail at the S. 8th Street Trailhead.
- 10K racers follow Rail Trail until turnaround approximately 3/4 of a mile past the Fairgrounds. Trail will be well marked and race marshalls will be at key points throughout the race. Water station at turnaround.
- After turning around, 10K racers follow trail back to the high school to the finish line.

After Race Festivities

Post race food and drinks will be provided at Lebanon High School cafeteria.

Prizes will be awarded immediately following the races including:

- Overall Winner 5K and 10K (Male and Female)
- Age Groups by Gender 5K and 10K (10 and under, 11-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70+)
- Best Dressed

Lebanon Holiday Parade: The parade begins at 10:00 on race day. It travels through downtown Lebanon. Take advantage of your location on race day and kick off your holiday season by experiencing the Lebanon Holiday Parade. You'll be glad you did!

RELEASE AND WAIVER OF LIABILITY AGREEMENT: (Must be signed)

ALL PARTICIPANTS IN THE "Give Thanks for Lebanon 5K and 10K Run" AND RELATED EVENTS ("GTFLR") ARE REQUIRED TO ASSUME ALL RISK OF PARTICIPATION IN THE Run BY SIGNING THIS RELEASE AND WAIVER OF LIABILITY AGREEMENT

The undersigned athlete ("Athlete") on behalf of himself/herself and on behalf of the Athlete's personal representatives, assigns, heirs, executors, hereby fully and forever releases, waives, discharges and covenants not to sue the race organizers and all municipal agencies whose property and/or personnel are used, and all other sponsoring or co-sponsoring companies or individuals related to the GTFLR (collectively, "Releasees") from all liability to the Athlete and his/her personal representatives, assigns, heirs and executors, for all loss(es) or damage(s) and any and all claims or demands therefore, on account of injury to the Athlete or property or resulting in the death of the Athlete, whether caused by the active or passive negligence of all or any of the Releasees or otherwise, in connection with the Athlete's participation in the GTFLR. The Athlete represents and warrants that he/she is in good physical condition and is able to safely participate in the GTFLR. The Athlete is fully aware of the risks and hazards inherent in participating in the GTFLR and hereby elects to voluntarily compete in the GTFLR, knowing the risks associated with the GTFLR, including, without limitation, weather conditions such as high heat and/or humidity, traffic and the condition of the road, all such risks being known and appreciated by the Athlete. The Athlete hereby assumes all risks of loss(es), damage(s), or injury(ies) that may be sustained by him/her while participating in the GTFLR. The Athlete agrees to the use of his/her name and photograph in broadcasts, newspapers, brochures and other media without compensation. The Athlete acknowledges that the entry fee is non-refundable and non-transferable. In the event the GTFLR is delayed or prevented by reason of fire, threatened or actual strike, labor difficulty, work stoppage, insurrection, war, public disaster, flood, unavoidable casualty, acts of God or the elements (including, without limitation, hurricanes, tornadoes and earthquakes), or any other cause beyond the control of race organizers, **there shall be no refund of the entry fee** or any other costs of the Athlete in connection with the GTFLR. The Athlete hereby grants to the medical director(s) of the GTFLR and his or her agents, affiliates and designees, access to all medical records (and physicians) as needed and authorizes medical treatment as needed. The Athlete warrants that all statements made herein are true and correct and understands that Releasees have relied on them in allowing the Athlete to participate in the GTFLR. **THE ATHLETE HAS READ THE FOREGOING AND INTENTIONALLY AND VOLUNTARILY SIGNS THIS RELEASE AND WAIVER OF LIABILITY AGREEMENT.**

Signature of Athlete or (Signature of parent if Athlete under 18 years)

Date

IF ATHLETE IS UNDER AGE 18: The signature certifies that my son/daughter has my permission to participate in the GTFLR. The signatory has read the foregoing RELEASE AND WAIVER OF LIABILITY AGREEMENT and by signing thereon intentionally and voluntarily agrees to its terms and conditions. The signatory further certifies that my son/daughter is in good physical condition and is able to safely participate in the GTFLRR. I hereby authorize medical treatment for him/her and grant access to my child's medical records as necessary.