

# Chicken Run 5k

Saturday, October 19, 2019; 9:00 AM

Long's Park in Lancaster, PA

## 3<sup>rd</sup> Annual Run / Walk

Starts at Park City Center, Finish is at Long's Park Amphitheater

### COURSE:

The run starts at the Boscov's parking area near registration and enters Long's Park through the Route 30 underpass. The run uses most of the roads in the park and a downhill stretch of grass near the amphitheater. Two other very short grass sections are used to include the paved path around the park pond. Run ends in front of the amphitheater. Overall, a gentle, scenic run with no major hills.

### AWARDS:

First, Second and Third Place Overall - Male & Female  
Male and Female age group winners - First, Second, and Third place in each group Age  
Groups: 18-29, 30-39, 40-49, 50-59, 60-69, 70-99  
No duplication of awards

### REGISTRATION:

\$25.00 if registered by 10/14/2019; \$30.00 after 10/14/2019 and on race day

**On-line:** <https://runsignup.com/Race/PA/Lancaster/ChickenRun5k>

**By mail:** Make check payable to **Lancaster Sertoma Club**

Mail completed application with check to – Chicken Run 5k, 184 Meadow Lane, Conestoga, PA 17516 No

Refunds. Race will go on rain or shine. Must be 18 or older.

**T-Shirts to all pre-registered entries** (received by 10/14); to late entries as supplies last.

### RACE DAY:

Registration: 7:30 - 8:45 AM in the Boscov's parking lot at Park City.

Baby-jogging strollers, pets, or headphones will not be permitted in the race. Start

time: 9:00 AM. Awards at the Long's Park Amphitheater finish area.

**CONTACT INFORMATION:** Race Director, Bill Smith (event assisted by Lancaster Road Runners Club)

**info@lancastersertoma.org - 717-278-7800 - www.lancastersertoma.org**

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Please print neatly

**Name:** \_\_\_\_\_ **Address:** \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

DOB: \_\_\_\_\_ Age on race day: \_\_\_\_\_ Gender: \_\_\_\_\_(M/F) T-Shirt size: S M L XL (circle size)

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_  I'm interested in receiving info

about Emergency name and phone: \_\_\_\_\_ Sertoma and Sertoma's

Chicken BBQ

*I hereby request permission to participate in the Lancaster Sertoma Chicken Run 5k. In consideration of my entry being accepted, I, intending to be legally bound for myself, my heirs, executors, administrators, waive and release any and all rights I have against the organization holding this event, its agents, representatives, sponsors, successors and assigns for any and all injuries suffered by me or damages out of, or related to the race. I verify that I am physically fit and have trained sufficiently for this race. I grant permission to use photos or video of me and release my name for any and all race or publicity purposes. I understand the entry fee is non-refundable in the event that the race is cancelled due to dangerous conditions or weather, and this decision is made by the race director. All the forgoing has been read by the undersigned and has voluntarily been signed.*

Signature: \_\_\_\_\_ Date: \_\_\_\_\_