

Observe Mental Illness Awareness Week with us!

Run off the Stigma 5K Run/Walk

LEBANON, PA 17042



SATURDAY, OCTOBER 12, 2019
9:00 AM



WHO: Runners and Walkers of all ages. Gather your family, friends and co-workers. The course is stroller and wheelchair accessible.

WHAT: The *Run off the Stigma 5K* is the closing event for Lebanon's Mental Illness Awareness Week! All proceeds from the run will be contributed to Halcyon Activity Center, Inc. Halcyon is a 501 (c)(3) organization that serves individuals in the community with mental illness.

WHERE: Lebanon Valley Rail Trail in Lebanon, PA. The course will begin and end at the 8th Street Trailhead.

WHEN: Saturday, October 12th, 2019
7:30 a.m. – Registration begins
9:00 a.m.– 5K Run/Walk begins
10:00 a.m. – Award presentation at finish line

REGISTRATION: Participants may pre-register at www.pretzelcitysports.com, or by filling out the application below. Race day registration takes place at the 8th Street Trailhead beginning at 7:30 a.m.

EARLY PACKET PICK UP: Thursday, October 11th or Friday October 12th at Halcyon Activity Center, 728 Walnut Street, Lebanon, PA 17042 between 4-6pm.

5k ENTRY FEE: \$25 if registered by September 28th- includes guaranteed T-shirt. The fee for entries received after September 28th, including Race Day, is \$30 - T-shirts available while they last. Size requests will be honored to the best of our ability but size may be substituted.

Optional Online Registration Available at
<https://www.pretzelcitysports.com/online-registration/>
(Nominal service fee applies, closes midnight, the Wednesday before race day)

5k AWARDS: Medal and \$25 will be presented to Overall Male and Female Champion. Medals presented to top three (3) Male and three (3) Female finishers in each of the following age buckets: 14 and under, 15-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70+ years.

RESULTS: Finish line and timing service by Pretzel City Sports. Race Results posted on www.pretzelcitysports.com

QUESTIONS: Call Danielle or Brandi, 717-272-3291 or email mail@halcyonpsr.org

REGISTRATION: Run off the Stigma 5k Run/Walk Complete this portion. Detach and mail. Include \$25 early registration fee by September 28th. Late registration fee \$30. Checks payable to Halcyon Activity Center. Participants may also register at www.pretzelcitysports.com

Name _____ Address _____
Please print

City _____ State _____ Zip _____ Age (on Race Day) _____

Gender: Male Female Event (circle one): 5k Runner 5k Walker

Phone _____ E-mail address _____

T-shirt size (circle one)
Adult S M L XL XXL

WAIVER: I know that running a race is a potentially hazardous activity. I should not participate unless I am medically able and properly trained. I assume any and all risks associated with running or attending the race including but not limited to falls, contact with other participants, the effects of the weather and the condition of the trails/roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Halcyon Activity Center, Pretzel City Sports, all municipalities in which the race is held, the race organizers, committee, volunteers, benefitting organization and any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. I HAVE READ AND UNDERSTAND THIS WAIVER:

Signature X _____ Date _____
(Parent or guardian's signature if less than 18 years of age.)

Mail to:
Halcyon Activity Center
728 Walnut Street
Lebanon, PA 17042