

Safer than the luge and no helmet required, it's the....

2006 HARRC SPRINT INTO SPRING SERIES

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

Dates: 9 AM February 18, 2006
9 AM March 11, 2006
9 AM April 15, 2006

New Location: Harrisburg East Shore YMCA 701 North Front Street Harrisburg PA

Distance: Series of **5K** races sponsored by the Harrisburg Area Road Runners Club

****ALL profits benefit *Domestic Violence Services of Cumberland & Perry County*****

Time: Registration begins at 8:30 AM at the East Shore YMCA.

Childrens' fun run at 8:50 AM. 5K race starts promptly at **9AM**.

COURSE: Flat course along the beautiful Susquehanna River.

KIDS FUN RUN: Weather-permitting, there will be a ¼ mile fun run for children 10 and under at 8:50. No entry fee. All participants will receive a prize.

Entry Fee/Race: HARRC members \$5; Non-HARRC runners - \$6; students \$3

Inclement Weather: We're a hearty group, but call 770-2231 for cancellation information. *This low-key race series will not provide T-shirts, but we will have:*

NEW THIS YEAR!!!!!!! - AWARDS! AWARDS! AWARDS!:

Overall Male & Female Overall Masters Male & Female

Plus Age Group Awards: 1st & 2nd place finishers in the following age groups:

14 and under 15- 19 20 – 29 30 – 39 40 – 49 50 – 59 60 and over

As Always: Coffee, cocoa, and carbs

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.

