

10th Annual Lancaster County Cross Country 5K Run/Walk

The Ugly Sweater Run

www.LancasterCountyXC5K.com

Date: Saturday, December 1, 2018

Time: Registration 8:30 a.m. – 9:30 a.m.

5K Run/Walk 10:00 a.m.

1 Mile Fun Run 10:45 a.m.

Awards 11:00 a.m.

(Cash prize for top 3 overall male and female finisher, and prizes for 1st – 3rd place in each division)

Location: Manheim Township High School Cross Country Course (follow signs to registration and start)
140 Arena Avenue, Lancaster, PA 17606

Fees: Regular: postmarked 11/14 or online by 11/18 Late Registration
\$20 - 5K Run/Walk \$25 - 5K Run/Walk
\$12 - Fun Run \$15 - Fun Run

*Shirt guaranteed for Regular Registration. Remaining shirts will be handed out while supplies last.

**Online registration closes 11/28 at midnight.

Every participant and/or their parent or guardian if participant is under 18, must read the waiver below and sign in the appropriate space below. Signatures on the registration form signify each person has read, understands, and abides by this information. Please select your division and fill in the appropriate information and sign.

Run Division

Boys 14 & under	Girls 14 & under
Boys 15 – 19	Girls 15 – 19
Men 20 – 29	Women 20 – 29
Men 30 – 39	Women 30 – 39
Men 40 – 49	Women 40 – 49
Men 50 – 59	Women 50 – 59
Men 60 +	Women 60+

Walker Division

Men / Women

Fun Run Division

Boys / Girls

Registration Information:

Division _____

Age _____

MALE / FEMALE

Name _____

Email: _____

Address _____

City, State, Zip _____

Phone _____

Emergency phone _____

T-shirt size: YL AS AM AL AXL

Participant Signature _____

If under 18, Parent/Guardian signature _____

Liability Waiver and Photo/Video Release

With my signature above, I agree to indemnify and hold harmless Lancaster County Cross Country 5K Assoc., the Manheim Township Cross Country Booster Club and Manheim Township School District including employees, volunteers and all other persons against loss or expense, including attorney's fees by the reason of bodily injury, property damage or personal injury arising out of the negligent or intentional conduct of myself or my family members involved in the 5K run/walk event. Furthermore, I give permission for myself (or my child, if under 18) to participate in any photographs or video taken for publicity purposes. I understand participation is entirely voluntary and will involve moderate to heavy physical activity. I also understand that there are risks of accidents from participation that can result in injury. I am not affected by a physical condition or disability that would prohibit me from safely participating in this activity.

Please mail completed registration with payment (checks made payable to MT Cross Country) to:

Lancaster County XC 5K, 1002 Lititz Pike #229, Lititz, PA 17543

Questions? Please contact us at: mtxc5k@gmail.com