

REGISTRATION

Circle: *RUNNER* or *WALKER*

Fees: **\$25** for runners & walkers, **\$30** day of race

Shirt Size Circle: (Adult Sizes) S M L XL XXL

(Deadline 3/21/18 for guaranteed shirt)

Name: _____

Age at time of race: _____ Gender: *M / F*

Address: _____

City: _____

State: _____ Zip: _____

E-mail Address: _____

Emergency Contact: _____

Emergency Contact Phone: _____

Please make checks payable to **Penbrook United Church of Christ** and note **"Move-It for Manna"** in the Memo Field on the check.

Send registration form and check to Penbrook United Church of Christ, 56 Banks St., Harrisburg, PA 17103

Waiver – Please Read Carefully!

By indicating your acceptance you understand, agree, warrant and covenant as follows: I know that participating in the Move It For Manna 5K Run/Walk is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the event. I assume all risks associated with participating in Move It For Manna activities including, but not limited to falls, contact with other participants, the effects of the weather, traffic, and the condition of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application, I, for myself and anyone entitled to act on my behalf, waive and release any and all sponsors including but not limited to, Penbrook United Church of Christ, race official volunteers and all sponsors, their representatives, and successors from all claims and liability of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. There are absolutely NO refunds or transfers.

Signature: _____

Date: _____

(Parent or guardian signature if less than 18)

MANNA FOOD PANTRY

Hunger is a growing problem throughout the United States and in our own neighborhoods.

One in six Pennsylvania residents struggles with hunger—they are our neighbors, our co-workers, and our friends—often their struggles go unheard.

Manna Food Pantry, a joint mission of Penbrook United Church of Christ and Penbrook Church of God, serves individuals who need a helping hand in zip codes 17103, 17104 and 17109. In addition to the adults that we serve, our Power Pack program reaches children ages 5 to 17.

The pantry, located at 56 Banks Street, in Penbrook, is open every Thursday evening, from 6:00 until 8:00.



Penbrook United Church of Christ

MOVE IT FOR MANNA

5th Annual

5K Run/Walk

Saturday, April 7, 2018



Help Stop Hunger

Proceeds to Benefit Manna Food Pantry

RACE INFORMATION

Saturday, April 7, 2018 @ 9:00 am

Race begins and ends at:

Penbrook United Church of Christ

56 Banks Street

Harrisburg, PA

Race Day Schedule

7:45–8:45 am Registration

9:00 am 5K Run/Walk Begins

Awards Ceremony following race.

What You Get

- 5K Run/Walk will be professionally timed by HARRC
- Shirt (if registered by 3/21/18);
- Each participating registrant will be entered for door prizes.

Fees

- \$25—Pre-registration, runners and walkers (shirt guaranteed only if registration is received by 3/21/18);
- \$30—Race Day registration (shirts not guaranteed);
- Online registration available at www.active.com through 4/6/18.

RACE AWARDS

Awards will be given out following the race.

- Move It For Manna award to overall male and female winners.
- Awards to 1st and 2nd place male and female winners in each age group:

<u>Youth</u>	<u>Adults</u>
10 & Under	20-29
11-15	30-39
16-19	40-49
	50-59
	60+

- Door prize drawings will be held after the race. Participants must be present to win.

RACE POLICIES

- Absolutely no refunds, no exceptions;
- No transfer of entry to another person;
- All participants must sign Waiver of Liability;
- No rollerblades or skateboards permitted.

Inclement Weather Policy

The race will be held rain or shine. In the event the race is canceled due to circumstances beyond the control of the organizers, entry fees will be viewed as a charitable donation to benefit Manna Food Pantry.

Thank You

To Penbrook Borough Council and the Penbrook Borough Police Department for their continued support and assistance of this event.

RACE SPONSORS

PLATINUM LEVEL SPONSORS

Hershey Medical Center

GOLD LEVEL SPONSORS

Giant

Hetrick-Bitner Funeral Home

PSECU

Silver LEVEL SPONSORS

Peak Solutions

BRONZE LEVEL SPONSORS

ABC Lanes

Dailey Funeral Home

Holmes Cycling & Fitness

Wegman's

Donors

Central Pennsylvania Food Bank

Classic Drycleaners

D & B Pizza

Inside Track

Karns Quality Foods

MC Pizza

Mid-Penn Bank

Pan Tree Restaurant

Panera Bread

Peachtree Restaurant

Roberto's Pizza

Santana Banana Co.

Thanks to all Sponsors and Donors for their support.