

# 2<sup>nd</sup> ANNUAL HANOVER COMMUNITY DAY 5K RUN

*"Embracing Diversity and Encouraging a Healthy Lifestyle"*

**Certified Course and CASH PRIZES**  
SHIRTS INCLUDED

**SATURDAY, MAY 16, 2009 AT 8 AM**

## RACE FEES

5K: Before 4/24/09: \$20      1 Mile Fun Run/Walk: Free  
4/25/09 – Race Day: \$25      ¼ Mile Kids' Sprint & Mini Trot: Free  
\*T-shirts only guaranteed to runners registered before 4/24/09.  
T-shirts not included for the Fun Run, Kids' Sprint, and Mini Trot.

## T-SHIRTS

Only for the 5K!

Sizes: Adult S, M, L, XL, XXL  
Youth S (6-8), M (10-12), L (14-16)

## SCHEDULE

6:30 a.m.      Registration (YMCA)  
7:50 a.m.      5K Wheelchair Race  
8:00 a.m.      5K Run  
9:00 a.m.      1 Mile Fun Run/ Fitness Walk  
9:30 a.m.      Kids' Sprint (1/4 Mile & Mini Trot)  
10:00 a.m.      Awards  
9:00 a.m.-1:00 p.m. Community Fair (Diversity Activities, Food Vendors,  
Live Performances, Informational Booths)

## REGISTRATION

To avoid race day delays, runners are encouraged to register in advance.  
At registration there will be a pre-registered and late registered line.  
**NO REFUNDS.**

## CHILD CARE REGISTRATION

On-site child care is provided from 7 to 10 a.m. for children ages 10 and under. The fee will be \$2 per child, and each child must be pre-registered by 4/24/09.

## COURSE

The 5K course will begin adjacent to the Hanover Area Family YMCA. Walkers are welcome; there is a 50 minute time limit. Runners may only cross the finish line once. Participants in the Kids' Sprint Events should meet at the YMCA outdoor track shortly before 9 a.m.

## CONTRIBUTIONS

Proceeds from the Hanover Community Day 5K race benefits the community-based programs and services provided year round by the Hanover Family YMCA and YWCA of Hanover.

**MAKE CHECKS PAYABLE TO:  
HANOVER AREA YMCA**



## AWARDS

The Hanover Community Day Committee is pleased to offer the following awards at the 2<sup>nd</sup> Annual Hanover Community Day 5K Race. Winners must be present to receive their awards. **One person cannot receive two different awards. No awards will be mailed.**

### **1<sup>st</sup> Place Overall Male and Female**

\$150 cash prize + race commemoration

### **2<sup>nd</sup> Place Overall Male and Female**

\$75 cash prize + race commemoration

### **3<sup>rd</sup> Place Overall Male and Female**

\$50 cash prize + race commemoration

### **Masters (40+) Overall Male and Female (age on race day)**

1<sup>st</sup> Place: \$75 cash prize + race commemoration

2<sup>nd</sup> Place: \$50 cash prize + race commemoration

3<sup>rd</sup> Place: \$25 cash prize + race commemoration

### **Wheelchair Division**

1<sup>st</sup> and 2<sup>nd</sup> Places Overall: race commemoration

### **Age Group Awards**

Race commemoration will be presented to the top men and women in the following age groups (1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place). Award places may be added depending on the number of entries in each age group. (age on race day)

10 and under	19-29	50-59
11-14	30-39	60-69
15-18	40-49	70+

## ADDITIONAL INFORMATION

For additional information about the race, directions, or to see race maps, please, visit the Hanover Area Family YMCA website at [www.hanoverymca.org](http://www.hanoverymca.org), or contact George O'Brien, Senior Program Director of Sports at [gobrien@hanoverymca.org](mailto:gobrien@hanoverymca.org) and 717-632-8211.

### **Mail application and payment to:**

Hanover Area Family YMCA  
Attn: 5K, George O'Brien III  
500 N. George Street  
Hanover, PA 17331.

**\*Refer to our website for more information concerning the upcoming Littlestown 5k\***

**[www.hanoverymca.org](http://www.hanoverymca.org)**

**eliminating racism  
empowering women  
ywca**

2<sup>nd</sup> ANNUAL HANOVER COMMUNITY DAY 5K RUN REGISTRATION FORM

NAME(S) \_\_\_\_\_ AGE(S) \_\_\_\_\_ BIRTH DATE(S) \_\_\_\_\_

E-MAIL \_\_\_\_\_ HOME ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE NUMBER \_\_\_\_\_

EVENT \_\_\_\_\_ T-SHIRT SIZE(S) \_\_\_\_\_ TOTAL RACE FEES \$ \_\_\_\_\_

CHILD CARE REGISTRATION

NAMES & AGES \_\_\_\_\_

AMOUNT FOR CHILD CARE \$ \_\_\_\_\_

**NO REFUNDS**

TOTAL AMOUNT ENCLOSED: \$ \_\_\_\_\_

**PAYMENT METHOD**

Check

MasterCard / VISA / Discover

Card Number: \_\_\_\_\_

Exp. Date: \_\_\_\_\_

NONPROFIT ORG.

U.S. POSTAGE  
PAID

Hanover, PA 17331  
Permit No. 50

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