

AGE DIVISIONS

17 & under

18-24

25-29

30-34

35-39

40-44

45-49

50-54

55-59

60 & up

AWARDS

10k Run

- Top male and female overall receive a trophy
- Top male and female in each age group receive a medal

5k Run

- Top male and female overall receive a trophy
- Top male and female in each age group receive a medal

Event will be chip timed by:



Lock Haven Branch YMCA
145 E Water St.
Lock Haven, PA 17745
P 814-748-672

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River Valley Regional YMCA
Lock Haven Branch YMCA



Saturday, October 26th, 2019
Lock Haven YMCA Beach
145 E Water St.
Lock Haven, PA 17745

Thank You to our Major Race Sponsor:

UPMC Susquehanna

All proceeds benefit the Lock Haven Branch YMCA's
Mission Driven Programming.

**RACE PROCEEDS SUPPORT:
LOCK HAVEN BRANCH YMCA
MISSION DRIVEN PROGRAMMING**

Mission Driven Programming for the YMCA are programs that support our three pillars of youth development, healthy living, and social responsibility. Some of the programs that our Y offers are the LiveSTRONG® at the YMCA program for cancer survivors, the Backpack Program which feeds children in need over the weekend, and our Scholarship Program which allows children and families to benefit from using our facility that need it most.



CONTACT INFORMATION

Website:

www.lockhavenymca.org

Phone:

570-748-6727

Email:

sarag@lockhavenymca.com

RACE INFORMATION

Registration:

5K & 10K Run

Before Tuesday, October 1st—\$25

After Tuesday, October 1st—\$30

Day of Registration—\$30

*Registration after 10/1/19 is considered a late registration and not guaranteed a t-shirt.

Please mail or drop form off with payment at:

Lock Haven Branch YMCA
145 E Water St.
Lock Haven, PA 17745

With the race being Halloween weekend, we're encouraging everyone to wear a costume for a chance to win best costume.

Schedule of Events:

7:00 am **Registration/Check-In**
Pavilion on Dike-Levee
145 E Water St.
Lock Haven, PA 17745

8:00 am **10K Race Begins**

8:05 am **5K Race Begins**

10:00 am **Award Announced**
Awards and Refreshments

REGISTRATION FORM

Name _____ D.O.B. _____

Address _____

Email _____

Phone Number _____

Gender: _____

Long Sleeve T—Shirt Size:

Unisex: S M L XL

Female: S M L XL

Event Participating in (circle one):

5K Run

10k Run

Emergency Contact _____

Emergency Contact Phone _____

I hereby waive all claims for damage, injuries, or losses that may occur in this YMCA event against, but not limited to, the Lock Haven Branch YMCA, race sponsors, Lock Haven City, Lock Haven University, YMCA staff, YMCA Board of Directors, and volunteers. I declare that I have trained for the event and assume responsibility for risks incurred therein. I give the YMCA staff permission to administer First Aid/CPR for any minor injuries and to seek professional treatment if necessary. The YMCA has my permission to photograph or record me (or my child) while participating in YMCA programs.

Signature _____

Parent Signature (If under 18 years old)
