



RACE SPONSOR:
iHIGH
 www.highindustries.com

Timing Provided By:



Graphic Support By:



Printing Courtesy Of:

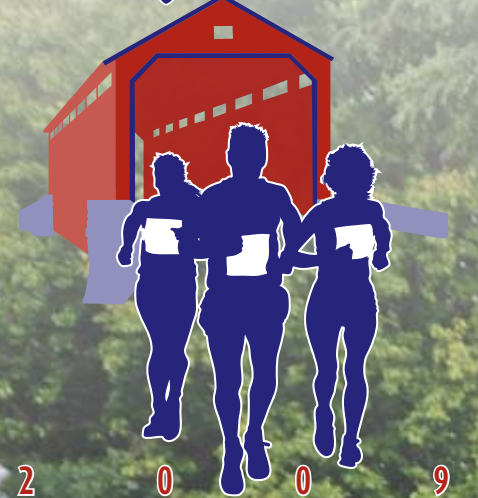


Hands-on House
 CHILDREN'S MUSEUM
 721 Landis Valley Road Lancaster, PA 17601
 717-569-KIDS (5437) www.handsonhouse.org

Non-Profit Org.
 U.S. Postage
 PAID
 Permit # 1212
 Lancaster, PA

Hands-on House
 CHILDREN'S MUSEUM
 721 Landis Valley Road
 Lancaster, PA 17601
 717-569-KIDS (5437)
 www.handsonhouse.org

Hands-on House
 6 T H A N N U A L
HALF MARATHON
 & 5K RUN



Saturday October 3, 2009 9:00 AM

Hands-on House
 Children's Museum of Lancaster
 721 Landis Valley Rd, Lancaster, PA 17601

13.1 mile circuit course on scenic Pennsylvania Dutch roads, past a one room schoolhouse and over a covered bridge.

Race proceeds benefit Hands-on House Children's Museum of Lancaster

sponsored by:



Date and Time

Saturday October 3, 2009; 9:00 AM

Place

Hands-on House
Children's Museum
721 Landis Valley Rd,
Lancaster, PA 17601

Entry Fees

Half Marathon = \$40; 5K = \$20

Race day registration is \$45 for Half-Marathon and \$25 for 5K.

Registration

- Register on-line at www.active.com/active and Enter "Hands-on House" in the search field, or register by mail using the "Entry Form" portion of this form.
- On-line registration closes 10/1/09. Mail-in registration closes 9/24/09.
- There will be on-site registration available on race day. Registration opens at 7:00 AM on race day.
- Runners that register before 9/24/09 may pick up their race packets on Friday Oct. 2nd from 5pm-7pm at Hands-on House. All other packets must be picked up on race day at registration.
- All minors (under age 18) who register on-line must bring a signed release to registration on race day (see Release Form on race Entry Form)
- All registrants that register by 9/11/09 are guaranteed a race t-shirt. **The first 300 registrants for the half-marathon will receive a performance race shirt.**

Awards & Prizes (No duplicate awards)

Half-Marathon: There will be cash prizes for the top three male and female finishers in the Half-Marathon.

1st = \$200 2nd = \$150 3rd = \$100



Awards will be given to the top three male and female finishers in each age group in the Half-Marathon.

Age groups are: 19 & under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60+

5K: The top 5 male and female finishers will receive awards.

Half-Marathon course description (red course):

The course begins with a slight incline, followed by four miles of flat, then several challenging climbs. This is followed by several additional miles of flat past beautiful Amish farmland, crosses the raging Cocalico Creek through a covered bridge and back over a low flat bridge up the biggest climb of the race between mile 6 and 7 and finishes back at Hands-on House Children's Museum.

5K course description (blue course):

The 5K course includes a scenic run along the bike trail then runs through local neighborhoods and finishes back at Hands-on House Children's Museum.

Race Day Phone Number

(717) 391-9722



Kid's Fun Run

sponsored by:



\$5 per child

Kids ages 3-14 are invited to participate in the Kid's Fun Run. Register the morning of the race beginning at 7:00 AM. Kid's Fun Run begins at 10:00 AM.



Entry Form:

Please accept my entrance in the following race on October 3, 2009.

Hands-on House Half-Marathon 5K Run

Send completed entry form and check to Hands-on House, 721 Landis Valley Rd. Lancaster, PA 17601. Please make checks payable to Hands-on House.

Cost is \$40 to enter the Half-Marathon; \$20 to enter the 5K

First Name _____

Last Name _____

Address _____

City _____ State/Zip _____

Phone _____

Email _____

Gender: Male Female

Age on 10/03/09 _____

Release Form (mandatory):

I understand that participating in this event is potentially hazardous, and that I will not enter and participate unless I am medically able and properly trained. I assume full and complete responsibility for any injury or accident which may occur while I am traveling to or from the event, during the event, or while I am on the premises of the event. I am also aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, effect of weather, traffic, and conditions of the road. I, for myself and anyone entitled to act on my behalf, waive, release and forever discharge the Children's Museum of Lancaster County Inc., d/b/a/ "Hands-on House," and all sponsors, their representatives and successors from all liabilities, claims, actions, or damages arising out of my participation in this event even though that liability may be out of negligence or carelessness on the part of the person named in this/the waiver. I grant permission to all of the foregoing to use my photographs, pictures, recordings or any other record of this event for any legitimate purpose.

Signature of Entrant _____

Date _____

Parent/Guardian Signature _____

All runners who register by 9/11/09 will be guaranteed a race t-shirt. **First 300 half-marathon registrants will receive a performance race t-shirt**

Tee-shirt Size: S M L XL XXL

Please tell us how you heard about this race: _____