

WAYNESBOROFEST 5K & FUN RUN

Run - Walk

OFF-ROAD, CROSS COUNTRY STYLE

Saturday, October 16, 2010

1 Mile Fun Run – 8:00 a.m. start

5K – 8:30 a.m. start

Waynesboro Area Senior High School

Hosted by: CFAR

See www.waynesbororunning.com for course info

Course: Starts at rear of the Waynesboro High School. Course includes scenic Renfrew Park

PRE-REGISTRATION by **October 9** guarantees a short-sleeve cotton t-shirt for 5K registrants.

Pre-registration **\$20 by October 9**, After Oct 9 and walk-up registration **\$25**

Fun Run Pre-registration requested but there is no fee.

Packet pick-up Friday, Oct 15, 6:30 – 8:00 PM at Gold's Gym Waynesboro (118 Walnut St.) or

Saturday Oct 16, 7:00 - 7:30 a.m. at the WASHS rear parking lot (550 E. Second St)

Walk-up Registration: Friday, 6:30 – 8:00 p.m. and Saturday, 7 – 7:30 a.m. at WASHS rear parking lot.

Awards: Age group metals for 1st, 2nd, and 3rd place

Results will be posted at: www.waynesbororunning.com (Event will be held Rain or Shine)

PLEASE COMPLETE ALL INFORMATION, DETACH BELOW AND RETURN TO DARYL LEHMAN

Make sure to keep top portion for your reference!

Name: _____ Age(on race day): _____

Address: _____ Phone _____

Email: _____ Race you are running 5K 1 Mile

Circle T-Shirt Size: S M L XL **Circle Gender:** Male or Female

Circle Age Group: 10 – 12 13 –15 16-19 20-29 30-39 40-49 50-59 60-69 70 and over

RELEASE & CONSENT FORM: In consideration of the acceptance of my entry/my child's entry, I for myself or my child, our executors, administrators, and assignees....do hereby release and discharge the OFAR, WaynesboroFest and any other organizers of this race and all other sponsors and organizers of all claims and damages, actions whatsoever in any manner arising out of my/my child's participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and I am/my child is physically fit and sufficiently trained to participate in this event. Further, I hereby grant full permission to any all of the foregoing to use my/my child's name, photographs, videotapes, motion pictures, recordings or any other record of this event for any legitimate purpose without compensation or remunerations.

Athlete Signature: _____
(parent/guardian must sign for runners under 18 years of age)

Return Checks and Forms to:

Daryl R. Lehman
138 Clayton Ave.
Waynesboro, PA 17268

Questions: Daryl R. Lehman
drlehman@pa.net or 717-360-4786

Make Checks payable to: WaynesborFest Inc. 5K

WAYNESBOROFEST 5K AND FUN RUN

October 16, 2010

5K Course Description:

Start/Finish: at directional arrows on lower entrance to rear parking lot of WASHS

Course is all off-road.

- Follow pavement north to telephone phone,
- Right, across footbridge by cupola to WAMS parking lot,
- Left through parking lot to W. Second St.,
- Right, following sidewalk past Summitview and YMCA to Rt 16,
- Right on grass past Crescent Doves to corner,
- Right following tree line to second set of utility boxes
- Left over hill following tree-lined grassy way past old cemetery,
- Left at bottom of hill on gravel lane. Follow between Renfrew Barn and House.
- Right following grassy path onto dirt trail into woods. (DO NOT cross bridge on left)
- Right on single-trek trail over wooden footbridge
- Bear right at Y on single-trek to corner of field
- Sharp right following tree line to red barn
- Pass red barn onto gravel lane to tree-lined way
- Left up hill pass old cemetery
- Retrace course back to start/finish line

Questions? Call Daryl R. Lehman 717-360-4786