

WAYNESBOROFEST 5K & FUN RUN

Run - Walk

OFF-ROAD, CROSS COUNTRY STYLE

Saturday, October 22, 2011

1 Mile Fun Run – 8:00 a.m. start

5K – 8:30 a.m. start

Starting at Renfrew Park

Hosted by: CFAR

See www.waynesbororunning.com for course info

Course: Starts at Renfrew Museum Barn. Includes scenic Renfrew Park, single trek trail and fields

PRE-REGISTRATION by October 14 guarantees a short-sleeve cotton t-shirt for 5K registrants.

Pre-registration **\$20 by October 14**, After Oct 14 and walk-up registration **\$25**

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

Packet pick-up Friday, Oct 21, 6:30 – 8:00 PM at Gold's Gym Waynesboro (118 Walnut St.) or

Saturday Oct 22, 7:00 - 7:30 a.m. at Renfrew Barn. Park entrance and parking off Welty Rd.

Walk-up Registration: Friday, 6:30 – 8:00 p.m. at Gold's Gym and Saturday, 7 – 7:30 a.m. at Renfrew Barn

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