



# ARMED FORCES DAY 5K RUN / WALK

**SPONSORED BY THE CITY OF HARRISBURG**

**An Exciting Event-Filled Day of FREE activities for the Whole Family!!**

**START: 8 am** Just past the Mini-Train Station at Carousel Pavilion on City Island

**FINISH:** Across the Walnut Street Bridge on City Island

**PRE-REGISTRATION ENTRY FEE: \$20**  
BY SATURDAY, MAY 8, 2010

**LATE REGISTRATION: \$25**  
May 9<sup>th</sup> - Race Day

**RACE DAY REGISTRATION AND SHIRT PICK UP**  
6:30 – 7:40 am at the Carousel Pavilion on City Island

**ACCOMMODATIONS:**  
Lockers & Showers available at the YMCA

**CONTACT:** Corey at (717)232-9622 or email at [corey.smith@ymcaharrisburg.org](mailto:corey.smith@ymcaharrisburg.org)

**PREMIUM:** Everyone who is pre-registered is guaranteed a tee shirt.  
Race Day registration while supplies last.

**\*Military personnel are invited to race at no charge.**  
**Please fill out the entry form and check the appropriate line.**

**Please present your military ID on the day of the race.**

**Register Online:**

<http://www.active.com/running/harrisburg-pa/armed-forces-day-5k-run-2010>

**Online Map:**

<http://www.usatf.org/routes/view.asp?rID=123518>

**Armed Forces Day website**

<http://www.harrisburgevents.com/Events/AFD.html>

**ARMED FORCES DAY  
5K RUN / WALK**

**MAY 15, 2010**

SPECIAL NOTICE: Please read carefully and print all information.

**No refunds.  
Make checks payable to: YMCA  
Send to: EAST SHORE YMCA  
701 N. FRONT ST  
HARRISBURG, PA 17101  
ATT: COREY SMITH**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Age (as of May 15): \_\_\_\_\_ Sex: \_\_\_\_\_

Date of Birth (mm/dd/yy) \_\_\_\_\_

Military personnel (no charge)

In consideration of the acceptance of this entry, I waive all claims for myself, my heirs and assigns against the sponsors, cooperating and coordinating groups and any individuals associated with the event and will hold them harmless for any and all injuries which may result from my participation. I further state that I am in proper physical condition to participate in this race. I also hereby give my permission to the media to use my name and/or picture in any newspaper, broadcast, telecast or any other account of this event without limitation and without any obligation of anyone to compensate me further.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parents  
Signature (if under 18) \_\_\_\_\_