



**KESSLER 5~MILE ENTRY FORM
and Fun Run for
Healthy Kids Day
April 17, 2010**

SPECIAL NOTICE: Please read carefully and print all information.

No refunds. Make checks payable to: EAST SHORE YMCA
Send to: East Shore YMCA
701 N. FRONT ST
HARRISBURG, PA 17101
ATT: Corey Smith

Kessler's 5 Mile Run/Walk

1 Mile Fun Run

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Telephone: _____

Email: _____

Age (as of April 17th): _____ Gender: _____

Date of Birth (mm/dd/yy) _____

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: _____

Parent's
Signature (if under 18) _____

PREMIUMS: Specially designed T-shirts to all runners. Free Nittany Lion Franks and beverages served after the race, courtesy of Kessler's Inc. There is a Random drawing for two \$50 checks, courtesy of NAI Commercial Industrial Realty Company.



24th ANNUAL
KESSLER'S
NITTANY LION FRANKS
5 MILE RUN / WALK
and Fun Run for
Healthy Kids Day



What Is Healthy Kids Day? Put play in your day and enjoy some fun and relaxing active family time by visiting the East Shore YMCA on April 17th for YMCA Healthy Kids® Day. The nation's largest health day for children and families, YMCA Healthy Kids Day offers fun, engaging and creative activities for children and families and promotes year-long wellness and healthier living. YMCA Healthy Kids Day events are free and open to all.

To kick off **Healthy Kids Day**, the East Shore YMCA we will have a 1 Mile Fun Run along with a day of fun filled activities for the kids.

The Fun Run will begin just a few minutes after the start of the Kessler's 5 Mile Run/Walk at 10:00 am on April 17th.

There will be an awards ceremony in the East gym at the YMCA after the race. We will be serving Kessler's hotdogs, refreshments and continue on with a day of activities for the kids starting as soon as the Fun Run ends.

All participants in the **Fun Run** will receive a finisher medal and special ordered t-shirt.

Healthy Kids Day Activities:

- ◆ Bounce House
- ◆ Crafts
- ◆ Parachute Games
- ◆ Limbo Contests
- ◆ Fruit/Beverages
- ◆ Basketball Drills & Games
- ◆ Pool Activities

For more info email corey.smith@ymcaharrisburg.org



**24th ANNUAL
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NITTANY LION FRANKS
5 MILE RUN / WALK
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10:00 am START

ENTRY FEE

PRE-REGISTRATION: \$20

FUN RUN REGISTRATION: \$7

BY SATURDAY, APRIL 10, 2010

LATE REGISTRATION: \$25

FUN RUN LATE REGISTRATION: \$10

Sunday, April 11th through race day

RACE DAY REGISTRATION ACCEPTED

8:30 – 9:40 am at the East Shore YMCA

ACCOMMODATIONS:

Lockers & Showers available at the YMCA

RACE PACKET PICKUP:

April 17th, 8:30 - 9:40 am

at the East Shore YMCA

701 N. Front St, Harrisburg

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

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Map Link:

<http://www.usatf.org/routes/view.asp?rID=118314>

Online Registration:

