



10th Annual 5K Fun Run/Walk for Alzheimer's Saturday, November 3, 2018

Registration: Begins at 7:30 AM at Menno Haven, 1500 Northgate Drive.

1mile Kids Fun Run Start: 8:30 AM **5K Race Start:** 9:00 AM (event held Rain or Shine)

1mile Kids Fun Run Cost: \$20 received before 10/12/18 (includes a long sleeve Unisex, Cool & Dry shirt) or \$10 if no shirt. After 10/12/18 \$25 (includes a long sleeve Unisex, Cool & Dry) or \$15 if no shirt.

5K Race Cost: \$30 received before 10/12/18(includes a long sleeve Unisex, Cool & Dry shirt) or \$20 if no shirt and \$35 received after 10/12/18(includes a long sleeve Unisex, Cool & Dry shirt) or \$25 if no shirt

T-Shirts: Same day registrants will receive a long sleeve Unisex, Cool & Dry shirt as available.

5K Awards: Overall male & female winner as well as the top 2 M/ F in each age class (19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+). Stay after the race for door prizes and refreshments!

Course: Menno Haven community of Brookview.

PLEASE COMPLETE ALL INFORMATION BELOW, ONE PER ENTRY.

DETACH AND RETURN TO HELEN KECKLER.

KEEP THE TOP PORTION FOR YOUR REFERENCE!

Or www.mennohaven.org/5K



Name: _____ Age: _____ M ___ or F ___

Address: _____

Email (**very important, this is how we send future entry forms**) _____

Phone: _____ **5K** _____ or Kids 1 Mile _____

Circle T-Shirt Size: **Adult:** S M L XL XXL NO SHIRT **Child:** S M L NO SHIRT

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 Menno Haven Retirement Communities 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 or 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. A copy of the official registration and financial information may be obtained from the Pennsylvania Department of State by calling toll-free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

Athlete Signature: _____

(Parent/guardian must sign for runners under 18 years of age)

Return Forms and Checks to:
Menno Haven Retirement Communities
Helen Keckler
2227 Scotland Avenue
Chambersburg, PA 17201

Questions: Contact Helen Keckler
helen.keckler@mennohaven.org or 717-262-2373
Proceeds benefit:



MAKE CHECKS PAYABLE TO: Menno Haven

