

Sponsors:



HARTZ Physical Therapy



Capital BlueCross
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For More Information:

Please contact HARTZ Physical Therapy at:
717-738-0004, hartzptfallblast@yahoo.com, or www.hartzpt.com

For More Information about power packs go to:
www.powerpacksproject.com

Power Packs provides weekend food and nutritional information to families who are food insecure when the school's lunch program is not available to them. Families are taught how to stretch their limited food dollars using the food provided by PPP. The goal of the program is to empower families to regularly provide healthy meals and that children return to school, well-fed and ready to learn. Power Packs provides long-term solutions to end childhood hunger.

Mandatory Release Form:

I know that running and road racing are potentially hazardous activities. I will not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running including but not limited to, falls, contact with other participants, the effect of the weather, including high heat and humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application, I for myself and anyone entitled to act on my behalf, waive and release HARTZ Physical Therapy, the town of Lititz, and the Lititz police department, Warwick and Penn Townships, and any other and all other running related clubs or organizations assisting at the event on race day, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

HARTZ Physical Therapy's
9th ANNUAL

FALL BLAST 5K RUN/WALK



OCTOBER 6, 2012 - 9 AM

Lititz, Pennsylvania

BENEFITTING LANCASTER'S Power Packs PROJECT

Registration:

- Pre-registration: \$20.00 (includes a T-shirt) postmarked by **Friday, September 28, 2012.**
- Post-registration: \$25.00 including race day 7:30 a.m. – 8:30 a.m. (includes T-shirt while supplies last)
- Online registration @ active.com until **midnight October 4, 2012**
- Pre-race day packet pick-up: **Friday, October 5, 2012**, 4:00 p.m. – 6:00 p.m. at HARTZ Physical Therapy, 100 Highlands Drive, Suite 100, Lititz
- No pets or bikes on the course please!
- Race held rain or shine. Please dress accordingly.

Awards: 5-K Run

Cash awards given to top male and female runners overall. Prizes given to top 3 individuals in each age group:

14 & under	40-49
15-19	50-59
20-29	60 & Over
30-39	

Awards: 5-K Walk

Cash awards given to top male and female walkers.

Teams:

Gather friends, coworkers and teammates to register for the Fall Blast as a team! Teams must consist of 5 or more runners/walkers and have a designated team representative. **All team members will receive a discounted registration fee of \$15/member.** A prize will be awarded to the LARGEST registered team. All teams must be registered by Friday September 28. If possible, please send all team registration together.

***Each team member is timed individually and is eligible for a prize. Team member goodie bags will be delivered to team representatives Thursday or Friday, October 4, 5*

Kids Fun Run

Kids are invited to participate in our Kids Fun Run which will occur following the 5K at approximately 10:15-10:45am. Registration for the fun run is \$5 per child and open until the start of the 5k race on race day. Goodie bags and a Tshirt will be provided to all participants. (A great value for only \$5!) Registration forms for the kid's run are available online at www.hartzpt.com (click on Community/Fall Blast 5K) or online registration is also available at www.active.com.

Course Map & Directions:

Directions to the race start and a course map are located at www.hartzpt.com. Click on Community/Fall Blast. The race begins and ends at Bonfield Elementary School, located at 101 North Oak Street, Lititz, PA. This course has been officially measured by Pretzel City Sports.

Entry Form:

Name _____
Street _____
City _____ State _____ Zip _____
Age (on Oct 6, 2012) _____ Phone _____

Email _____

Please complete all categories before mailing: (check one)

T-SHIRT SIZE: S M L XL

DIVISION: Male Female EVENT: 5-K Run 5-K Walk TEAM: Yes No

Team Name: _____ Team Representative: _____

Please return this form along with a check or money order for \$20.00/individual or \$15/team member (after **Sept. 28, 2012**-\$25.00) made payable to Fall Blast 2012 and mail to:

HARTZ Physical Therapy 100 Highlands Drive, Suite 100, Lititz, PA 17543
www.hartzpt.com email: hartzfallblast@yahoo.com

I agree that I have read the terms and conditions on the reverse of this form.

Signature of Runner:

(If entrant is under 18 years of age, signature of parent or guardian is required)