



The Power Walk for Dress for Success and NEW 5K Run proceeds will benefit career development and employment retention programs of **Dress for Success South Central PA**

NEW 5K Run!! Timing Services Provided by Pretzel City Sports

Penn State Milton S. Hershey Medical Center 30 Hope Drive Hershey, PA

Saturday, May 10th 2014

Registration Opens: 8:30 AM

Run Start: 10:00 AM

Walk Start: 10:20 AM

WHO: Runners & Walkers of ALL ages. Bring your children and families!!

WHEN: Registration for both runners & walkers is at 8:30 AM. The runners will begin the 5K promptly at 10:00 AM and walkers will begin at 10:20 AM. Awards presentation is at 11:00AM.

Awards: Time results prizes will be awarded ONLY to individuals participating in the 5K RUN portion of the event

First Place: Overall Male & Over all Female

Age Groups: (1st thru 3rd place in each age category) 18 & Under, 19-29, 30-39, 40-49, 50-59, 60+

There will be **TIME RESULTS** for all **RUNNERS** provided by Pretzel City Sports

TOP FUND RAISERS will also be recognized with awards

WHAT: The Power Walk for Dress for Success & New 5K Run is an incredible way to get involved in the community. This event will help allow women to take the steps necessary to live a healthier future for themselves and families.

OUR EVENT IS FULL OF FAMILY FUN; FACE PAINTING, RAFFLES, HEALTHY FOOD, YOGA AND ZUMBA

AND A HEALTH FAIR ARE TO FOLLOW THE AWARD CEREMONY

THESE ACTIVITIES WILL CONTINUE UNTIL 1:00 PM.

HOW: All participants, walkers and runners are encouraged to register at www.dfspowerwalk.org/southcentralpa.

(Online registration available until 5pm, May 5th) Application also provided below:

Pre- Registration: Runners \$35 ~ Walkers \$25

Day of Event: Runners \$40 ~ Walkers \$30

The route starts at 30 Hope Drive the first turn is at Interview Dr. (Take a Right) then down to Route 322 (Take a Right) and another Right at Cherry Street and back onto Hope Drive, continue with a 2nd loop.

 There will be signs posted and volunteers present to help guide participants around the route. 

DIRECTIONS to the EVENT:

- From Harrisburg/York: Head South on I-83 then takes exit towards US 322 (Hershey). Location will be on your right side.
- From Lancaster: Take PA 283 WEST to 743 NORTH Merge onto Hershey Road Turn Right onto Homestead Rd. Turn Left on Chocolate Ave then Right on Hope Drive.
- From Lebanon : Take US 422 W Then turn left onto Chocolate Ave. OR take US 322 W until you arrive and turn left onto chocolate avenue then Right on Hope Drive.

PLEASE FILL OUT INFORMATION, DETACH AND SEND ALONG WITH PAYMENT.

REGISTRATION: The Power Walk for Dress for Success with NEW 5K Run:

\$35 Runner ~ \$25 Walker

T-shirts guaranteed to first 300 registrations; size requests may be substituted.

Checks payable to **Dress for Success South Central PA** or Register online at www.dfspowerwalk.org/southcentralpa

SELECT: **RUNNER** OR **WALKER** (circle one) AMOUNT: \$ _____

Name: _____ Address: _____

Phone: _____ City: _____ State _____ Zip _____

E-mail address _____ Age (on Race Day) _____ Male _____ Female _____

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to Dress for Success South Central PA, Inc., Penn State Milton S. Hershey Medical Center, and those in their employ, Dauphin County and all their representatives and successors from any injury or liability, I might suffer in this event. I assume responsibility for all personal items. I attest that I am physically fit and prepared for this event. I assume all risks associated with running in this event including, but not limited to: falls; contact with other participants; the effects of the weather, including high heat and/or humidity; and the condition of the road; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event.

Signature X _____ Date _____
(Parent or guardian's signature if less than 18 years of age)

T-shirt size (circle one)

ADULT: M L XL XXL

Mail to



DRESS FOR SUCCESS®
SOUTH CENTRAL PA

29 South 10th Street, Harrisburg, PA 17101 ~ If you have any questions or

concerns feel free to email thepowerwalk@dfssouthcentralpa.org or call 717-232-1333