

Event Details

Event Date: November 8, 2014 (rain, snow or shine)

Beneficiary: **Caring Cupboard (a PACC Ministry)**
131 N. Railroad St. Palmyra, PA 17078
www.paccministry.org/caring.htm

Start/Finish: Lebanon Valley Brethren Home
Location: 1200 Grubb Road, Palmyra, PA 17078
Parking at LVBH for participants/spectators

Race Time: **5K Run** - 10:00am start
Kid's Fun Run - Begins immediately
after completion of 5K run/walk

Packet Pick-up: **Pre-Race Day** (Gravel Hill UMC Lobby)
Friday, November 7, 2014, 9:00am - 7:00pm

Race Day Pick-up & Registration

Desk opens at 8:30am
Located in Lebanon Valley Brethren Home
1200 Grubb Road
Palmyra, PA 17078

5K Age Groups: 14 and Under 15-19
20-29 30-39
40-49 50-59
60 and Over

(Each age bracket is broken into male and female categories)

Fun Run Groups: 7 and Under 8-12

Awards: Overall male and female winners and the top two male and female winners from each category will receive a prize.

Door Prize Drawings! Random door prizes will be given away during the race and can be claimed at the prize station immediately after you finish the race. Donate **non-perishable food items** for eligibility in four \$25 prizes! Drawings will take place following completion of 5K send off.

Results: Results will be posted at race site and on the event web page at www.gravelhillumc.org the Monday following the event.

Additional Information: Contact: Gene Simmers, 717-838-8994
Information and map available online at www.gravelhillumc.org

Gravel Hill's Fall Feeding Frenzy 5K

PARTICIPANT REGISTRATION

Name: _____

Address: _____

City: _____ St: _____ Zip: _____

Email: _____

Phone: _____

Emergency Phone: _____

Age (as of 11/08/14): _____

Gender: Male Female

5K - Registration **Kid's FUN RUN** Registration

I cannot participate but would like to contribute \$ _____

Shirt Size: YS YM S M L XL 2XL
(circle one) Child Child

Choose one shirt style:

Short Sleeve Dri-Fit Shirt Long Sleeve Cotton Shirt

Pre-registration participants are guaranteed to receive their choice of either a short-sleeve dri-fit shirt or a long-sleeve cotton shirt if information is received by or on October 22, 2014. If registration is received between October 23 and October 29, 2014, participants will receive a long-sleeve cotton shirt. Entries received after October 29, 2014 and Race Day, Registrants will receive a shirt on a first come, first serve basis.. Size and receipt of a shirt is not guaranteed.

5K Entry Fee: **\$20 Pre-Reg / \$25 On-Site**

Kid's Creeper Course: **\$5 Pre-Reg / \$10 On-Site**

Payments may be mailed to the address listed below.

Checks shall be made payable to: Gravel Hill UMC - 5K Run

Mail registration form along with payment to:

Gravel Hill UMC - 5K Run
131 Gravel Hill Road, Palmyra, PA 17078

Register online

www.pretzelcitysports.com (closes midnight November 5, 2014)

Liability Waiver must be signed to participate in Gravel Hill's Fall Feeding Frenzy 5K (FFF5K).

I for myself, and/or the child recognize that running a road race is a potentially hazardous activity. I have read the race information and am familiar with the course, procedures, and rules. I should not enter and run unless I am medically able and properly trained. I certify that I am physically able to participate in this event and agree to abide by any decision of race officials relative to my ability to safely complete the run. 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 cold, snow, and/or ice, high heat and/or humidity, traffic and the conditions of the roads/walks/paths, I recognize and understand the aforementioned risks. Contingent upon Event Management's acceptance of my registration; having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf and by exercising my power of attorney over myself and/or the child, do hereby release and discharge the Gravel Hill United Methodist Church (a nonprofit non-governmental religious organization), the organizers, hosts and sponsors of FFF5K, their directors, officers, staff, and volunteers, the town of Palmyra, North and South Londonderry Townships and their employees from all claims of damages, demands, actions, liability and whatsoever, in any manner arising or growing out of my participation, and/or that of my child, in this event including liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, use of my name or any other record of this event for any legitimate purpose. I realize that my general information may be provided to sponsors of the FFF5K for general use purposes. For runners safety, I understand that bicycles, scooters, and roller blades are prohibited.

I ALSO UNDERSTAND AND ACCEPT THAT THERE ARE NO REFUNDS FOR THIS EVENT.

Signature of Participant: _____

(Parent/Guardian must sign if entrant is under 18 years of age)



Retain this section for your records

Gravel Hill's Fall Feeding Frenzy 5K

November 8, 2014

at Lebanon Valley Brethren Home

5K Run

Start - 10:00am

Kid's Fun Run

Follows 5K

Beneficiary: Caring Cupboard

Food Drawings for participants who donate food items!

Gravel Hill UMC's Fourth Annual 5K now has a new name: The Fall Feeding Frenzy 5K! It also has a new location and flat course. Gone are the hills and the cemetery from the previous three Cemetery Ridge 5K Challenges. We are very excited to expand our run into the town of Palmyra and so very grateful to the Lebanon Valley Brethren Home for their cooperation in allowing us the use of their parking area and grounds as a starting and ending point for this year's run.

The Fall Feeding Frenzy 5K is scheduled for Saturday, November 8, 2014. Festivities begin at 9:30 am with the race start time slated for 10:00 am. The Kids Fun Run will immediately follow the 5K. Once again, runners and walkers from all over the region will come together to support the Caring Cupboard. The Caring Cupboard, located on Railroad Street in Palmyra, is a local food bank currently serving over 130 families or close to 1,700 individuals per week with basic food supplies along with perishable and non-perishable goods. A food collection area will be available on site the morning of the race for those participants wishing to donate food and/or non-perishables. Those participants who donate will once again be registered to win a door prize!

Since its inception in 2011 and through the generosity of local business sponsors and race day registrations, the Gravel Hill UMC 5K has donated over \$11,000 to the Caring Cupboard. Additionally, through participant donations, over 500 pounds of food have been donated to the ministry. The money and the food donations is so valuable to the Caring Cupboard, especially as the holidays draw near.

Back by popular demand, participants and their families will be treated to pre- and post-race music, food, coffee from 3 J's, hot cocoa, and prizes!



Current Sponsors:



Support the Caring Cupboard by sponsoring
Gravel Hill's Fall Feeding Frenzy 5K
Phone: **717.838.4721** ext. 122. | Email: tony@gravelhillumc.org



November 8, 2014



www.gravelhillumc.org