

## Event Details

**Event Date:** November 5, 2016 (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** - 9:00am 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 4, 2016, 9:00am - 7:00pm  
131 Gravel Hill Road, Palmyra, PA 17078

### Race Day Pick-up & Registration

Desk opens at 7:30am  
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 three 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 11/5/16): \_\_\_\_\_

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 or long sleeve cotton shirt if info is received by or on October 19, 2016. If reg is received between October 20 and October 27, participants will receive a long-sleeve cotton shirt. Entries received after October 27 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 Fun Run:** **\$5 Pre-Reg / \$10 On-Site**

Payments may be mailed to the address listed below.

**Sponsors - Free Entry**

**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**

[http://www.pretzelcitysports.com/online\\_registrations.html](http://www.pretzelcitysports.com/online_registrations.html)  
(closes midnight November 2, 2016)

**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)20



Retain this section for your records

## Gravel Hill's Fall Feeding Frenzy 5K

**November 5, 2016**

at Lebanon Valley Brethren Home

**5K Run**      **Kid's Fun Run**

Start - 9:00am

Follows 5K

### **Pre-Race Spaghetti Dinner**

From 4-7 pm at Gravel Hill UMC. Held by the Gravel Hill UMC Youth Group. Good will donations accepted.

### **Beneficiary: Caring Cupboard**

**Drawings for participants who donate food items!**

The Fall Feeding Frenzy 5K is scheduled for Saturday, November 5, 2016. Festivities begin at 8:30 am with the race start time slated for 9:00 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 \$16,000 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 are so valuable to the Caring Cupboard, especially as the holidays draw near.

Valerie Pritchett, anchor for abc27 News, will be this years celebrity starter!

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:

### Smorgasbord



### Salad Bar



### Snack Bar

**Become a Sponsor Today!**

### Ala Carte

**Become a Sponsor Today!**



November 5, 2016



[gravelhillumc.org/5k](http://gravelhillumc.org/5k)