



# Join us for the 16th Annual Give Thanks for Lebanon 5K/10K Race Saturday, November 23, 2024, at 8:00am

**\*\*Coming back to Downtown Lebanon\*\***

**Race will begin at the Lebanon Farmer's Market and will end at the Lebanon High School**

Form may be duplicated. This is a rain or shine event.

**\*NEW\* 1 Mile Family Fun Run at 7:15am | \$5 per participant**

Registration Fee: \$25 by 11/15 or \$30 after 11/15. Fee includes a shirt.

(shirt and size are guaranteed if registered by November 8<sup>th</sup>)

- ❖ Register online at Active.com
- ❖ Register online at lebanonymca.org (except Family Fun Run)
- ❖ Register in person at the Lebanon YMCA, 201 North 7<sup>th</sup> Street, Lebanon, PA
- ❖ Register by mail. See instructions below.
- ❖ Sign waiver on back of bottom form.

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PLEASE PRINT!!!!

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Gender: Male or Female  
(circle one)

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Race: 5K or 10K Date of Birth: \_\_\_\_\_ Shirt Size: S M L XL XXL  
(circle one) (circle one)

Email: \_\_\_\_\_ Phone Number: \_\_\_\_\_

\$25 by 11/15; \$30 after 11/15 ----- Make check payable to **Lebanon Valley Family YMCA**

Mail registration form and check to: **Lebanon Valley Family YMCA, Attn: Give Thanks, 201 North 7<sup>th</sup> Street, Lebanon, PA 17046.**

**The race will start at the Lebanon Farmer's Market on 8<sup>th</sup> Street and will move south to the Lebanon Valley Rail Trail (lvrailtrail.com) and will end at the Lebanon High School.**

## Pre-Race Festivities

- Costume Contest: come dressed for the holiday season and you could be awarded a prize as the best dressed
- Food Drive: bring a non-perishable food item to be donated to local food banks

## After Race Festivities

Post-race refreshments will be provided after the race. Awards will be presented immediately following the races including:

- Overall Winner 5K and 10K (Male and Female)
- Age Groups by Gender 5K and 10K (10 and under, 11-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+)

## Special Race Features:

- Couch to 5k training plan available: Contact the Lebanon Valley Family YMCA at 717-376-1383
- Scenic course on the Lebanon Valley Rail Trail
- Race Packet Pick-Up: Lebanon Valley Family YMCA on Friday, November 22 from 1:00pm to 8:00pm or at the registration table on race day from 7:00am to 7:45am

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**For more information visit [lebanonymca.org](http://lebanonymca.org)**

RELEASE AND WAIVER OF LIABILITY AGREEMENT: (Must be signed)

**ALL PARTICIPANTS IN THE "Give Thanks for Lebanon 5K and 10K Race" AND RELATED EVENTS ("GTFLR") ARE REQUIRED TO ASSUME ALL RISK OF PARTICIPATION IN THE Run BY SIGNING THIS RELEASE AND WAIVER OF LIABILITY AGREEMENT**

The undersigned athlete ("Athlete") on behalf of himself/herself and on behalf of the Athlete's personal representatives, assigns, heirs, executors, hereby fully and forever releases, waives, discharges and covenants not to sue the race organizers and all municipal agencies whose property and/or personnel are used, and all other sponsoring or co-sponsoring companies (the Lebanon Family YMCA; Lebanon Valley Rail Trail) or individuals related to the GTFLR (collectively, "Releasees") from all liability to the Athlete and his/her personal representatives, assigns, heirs and executors, for all loss(es) or damage(s) and any and all claims or demands therefore, on account of injury to the Athlete or property or resulting in the death of the Athlete, whether caused by the active or passive negligence of all or any of the Releasees or otherwise, in connection with the Athlete's participation in the GTFLR. The Athlete represents and warrants that he/she is in good physical condition and is able to safely participate in the GTFLR. The Athlete is fully aware of the risks and hazards inherent in participating in the GTFLR and hereby elects to voluntarily compete in the GTFLR, knowing the risks associated with the GTFLR, including, without limitation, weather conditions such as high heat and/or humidity, traffic and the condition of the road, all such risks being known and appreciated by the Athlete. The Athlete hereby assumes all risks of loss(es), damage(s), or injury(ies) that may be sustained by him/her while participating in the GTFLR. The Athlete agrees to the use of his/her name and photograph in broadcasts, newspapers, brochures and other media without compensation. The Athlete acknowledges that the entry fee is non-refundable and non-transferable. In the event the GTFLR is delayed or prevented by reason of fire, threatened or actual strike, labor difficulty, work stoppage, insurrection, war, public disaster, flood, unavoidable casualty, acts of God or the elements (including, without limitation, hurricanes, tornadoes and earthquakes), or any other cause beyond the control of race organizers, **there shall be no refund of the entry fee** or any other costs of the Athlete in connection with the GTFLR. The Athlete hereby grants to the medical director(s) of the GTFLR and his or her agents, affiliates and designees, access to all medical records (and physicians) as needed and authorizes medical treatment as needed. The Athlete warrants that all statements made herein are true and correct and understands that Releasees have relied on them in allowing the Athlete to participate in the GTFLR. THE ATHLETE HAS READ THE FOREGOING AND INTENTIONALLY AND VOLUNTARILY SIGNS THIS RELEASE AND WAIVER OF LIABILITY AGREEMENT.

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Signature of Athlete (or Signature of parent if Athlete is under 18 years of age)

Date

IF ATHLETE IS UNDER AGE 18: The signature certifies that my son/daughter has my permission to participate in the GTFLR. The signatory has read the foregoing RELEASE AND WAIVER OF LIABILITY AGREEMENT and by signing thereon intentionally and voluntarily agrees to its terms and conditions. The signatory further certifies that my son/daughter is in good physical condition and is able to safely participate in the GTFLRR. I hereby authorize medical treatment for him/her and grant access to my child's medical records as necessary.