

FIRST NATIONAL BANK HARRISBURG MILE – WEDNESDAY, JULY 17, 2019



PRESENTED BY DONEGAL INSURANCE GROUP

Mail-in Registration Form Half Pint, Fun Run, Mile Run, Elite Mile

- One registration form per person
- All registration forms must be received by Monday, July 8th by 5pm
- For full race info, visit ymcarun.com/info-mile
- Make checks payable to East Shore YMCA
- **Mail to:** East Shore YMCA, Attn: Tom Gifford, 701 North Front St, Harrisburg, PA 17101

PLEASE CHECK EVENT CATEGORY AND PRICE:

_____ **HALF PINT/HALF MILE** (6pm, must be 12 years and younger for child entry fee, heat is not timed)

___ Feb-March 31st: \$8 ___ April 1st-May 31st: \$10 ___ June 1st-30th: \$12 ___ July 1st-8th: \$15

_____ **JUST FOR FUN MILE/WALK** (6pm, heat is not timed)

12 and under: ___ Feb-March 31st: \$8 ___ April 1st-May 31st: \$10 ___ June 1st-30th: \$12 ___ July 1st-8th: \$15

13 and over: ___ Feb-March 31st: \$15 ___ April 1st-May 31st: \$19 ___ June 1st-30th: \$22 ___ July 1st-8th: \$25

_____ **MILE RUN** (timed heat, age group awards)

___ Feb-March 31st: \$15 ___ April 1st-May 31st: \$19 ___ June 1st-30th: \$22 ___ July 1st-8th: \$25

_____ **ELITE MILE** (Qualifying times: 39 and under: men 4:40, women 5:30, 40 and over: men 5:00, women 6:00)

___ Feb-March 31st: \$15 ___ April 1st-May 31st: \$19 ___ June 1st-30th: \$22 ___ July 1st-8th: \$25

INDIVIDUAL REGISTRATION INFORMATION

Name: _____ D.O.B (month/date/year) ___/___/___ Gender: M F

Adult Shirt Sizes (unisex): ___ Extra small ___ Small ___ Medium ___ Large ___ XL ___ XXL

Youth Shirt Sizes: ___ Youth Small ___ Youth Medium ___ Youth Large

Address: _____ City: _____ Zip: _____ State: _____

Phone: (____) _____ Email: _____

Waiver

In consideration of you accepting this entry, I, the participant, intending to be legally bound and hereby waive or release any and all right and claims for damages or injuries that I may have against the Event Director, RunSignup.com, and all of their agents assisting with the event, sponsors and their representatives and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees. I also authorize the use of photographs or videos that include my image for promotional, informational, or other reasons deemed to be in the best interest of the event. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that my physical condition has been verified by a licensed Medical Doctor.

Signature _____ (under 18 needs parent signature)