

# FIRST NATIONAL BANK HARRISBURG MILE – WEDNESDAY, JULY 21, 2021



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 12<sup>th</sup> by 5pm
- For full race info, visit [ymcarun.com/info-mile](http://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 31<sup>st</sup>: \$12 \_\_\_ April 1<sup>st</sup>-May 31<sup>st</sup>: \$13 \_\_\_ June 1<sup>st</sup>-30<sup>th</sup>: \$15 \_\_\_ July 1<sup>st</sup>-8<sup>th</sup>: \$15

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

12 and under: \_\_\_ Feb-March 31<sup>st</sup>: \$10 \_\_\_ April 1<sup>st</sup>-May 31<sup>st</sup>: \$15 \_\_\_ June 1<sup>st</sup>-30<sup>th</sup>: \$15 \_\_\_ July 1<sup>st</sup>-8<sup>th</sup>: \$15

13 and over: \_\_\_ Feb-March 31<sup>st</sup>: \$17 \_\_\_ April 1<sup>st</sup>-May 31<sup>st</sup>: \$20 \_\_\_ June 1<sup>st</sup>-30<sup>th</sup>: \$22 \_\_\_ July 1<sup>st</sup>-8<sup>th</sup>: \$25

\_\_\_\_\_ **MILE RUN** (timed heat, age group awards)

\_\_\_ Feb-March 31<sup>st</sup>: \$17 \_\_\_ April 1<sup>st</sup>-May 31<sup>st</sup>: \$20 \_\_\_ June 1<sup>st</sup>-30<sup>th</sup>: \$22 \_\_\_ July 1<sup>st</sup>-8<sup>th</sup>: \$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 31<sup>st</sup>: \$17 \_\_\_ April 1<sup>st</sup>-May 31<sup>st</sup>: \$20 \_\_\_ June 1<sup>st</sup>-30<sup>th</sup>: \$22 \_\_\_ July 1<sup>st</sup>-8<sup>th</sup>: \$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)