

# ENTRY FORM

5K Registration - Saturday, March 10, 2012 – Stony Ridge Park

Please complete ONE entry per person.

ALL PARTICIPANTS MUST BE REGISTERED!

Last Name \_\_\_\_\_

First Name \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

E-mail Address \_\_\_\_\_ Phone \_\_\_\_\_

Age (as of March 10, 2012) \_\_\_\_\_ Gender: Female Male Resident: YES NO

T-Shirt Size \_\_\_\_\_ (adult sizes small – 2XL) Pick-up shirt & race number at registration. See below for check-in times.

I will allow my picture and name to be used in publications as a result of this race.

Entry Fee: (check one) \$15 by Feb. 21 \$20 after Feb. 21

Sorry, no refunds. Call to pay or go online to [www.silverspringtwp-pa.gov](http://www.silverspringtwp-pa.gov). Make checks payable to 'Silver Spring Township'

Age Categories: 14 & under, 15 19, 20 29, 30 39, 40 49, 50 59, 60 There will be no duplication of awards.

I hereby certify that I am adequately fit to run and/or walk in this 5K Irish Jig Jog event. I acknowledge that the activities of the event(s) are very dangerous and involve the risk of serious injury and/or death and/or property damage. In consideration of the acceptance of this entry, I, the undersigned, for myself, my personal representative, beneficiaries, and heirs, knowingly waive, release, and discharge any and all rights and claims which I have or may have hereafter accrue to me or my estate against the Silver Spring Township, the Harrisburg Area Runners Club, and/or any other sponsors, organizers and volunteers and assigns for any and all injuries or death suffered by me in this event.

\*Signature \_\_\_\_\_ Today's Date \_\_\_\_\_  
(A parent or legal guardian must sign for participants under the age of 18)

\*Electronic signatures are not valid.

Submit payment & entry form to Silver Spring Recreation Office, 5 Willow Mill Park Rd, Suite 2, Mechanicsburg, PA 17050 or FAX: 717.766.7635

## 5K RUN/WALK

No age restriction Starts at 9:00 am

Check in: 8:00 am 8:45 am

The course winds through Stony Ridge Park and onto Bernheisel Bridge Road with a few hills.

## LEPRECHAUN "LAP" - FREE

Kids under 10 Starts at 10:00 am

Check in: 9:00 am 9:45 am

Kids will run a short distance. Everyone will earn a small prize for participating no shirt.

## HOW TO REGISTER

Complete the entry form above and send payment to the address listed. Leprechaun Lap forms and additional 5K entry forms can be found online at [www.silverspringtwp-pa.gov](http://www.silverspringtwp-pa.gov) (Parks and Recreation/Special Events). Signed forms can also be faxed and payments can be taken by phone. Please sign and date the entry forms. No electronic signatures.



# 5K IRISH JIG JOG

## SATURDAY, MARCH 10

Stony Ridge Park - 50 Bernheisel Bridge Rd, Carlisle, PA 17015

Snow Make-Up Day - March 17th



## DRESS IN GREEN

**COSTUME CONTEST!!**

Call 717.766.1657 to PAY BY PHONE  
Mail signed forms to Silver Spring Township Parks and Recreation,  
5 Willow Mill Park Rd, Suite 2, Mechanicsburg, PA 17050 or  
Fax 717.766.7635