



... AND 1-MILE "BE A HERO" FUN RUN/WALK!

CITY ISLAND/CAROUSEL PAVILION

HARRISBURG, PA

**SATURDAY, JUNE 9, 2018**

8:30AM 5K / 9:10 FUN RUN

**WHO:** Runners of all ages. Gather your family, friends and co-workers. Walkers are also invited to participate using the same course. The course is stroller and wheelchair accessible.

**WHAT:** HEROES FOR HOMELAND HOSPICE 5K is an annual fundraiser benefitting Homeland Hospice. All proceeds fund benevolent care for hospice patients and families.

**WHERE:** The measured five kilometers (3.1 miles), relatively flat out and back course along the Susquehanna River will begin and end near the Walnut Street Bridge on City Island.

**WHEN: Saturday, June 9, 2018**

7:15 to 8:15 AM – Race day registration at Carousel Pavilion

8:30 AM – 5K begins

9:10 AM – 1-mile Fun Run/Walk around City Island begins  
(Costumes/props encouraged! Registration not required.)

9:30 AM – Awards presentation at Carousel Pavilion

**HOW:** To register, complete and mail the form below and enclose a \$25 check to Homeland Hospice. Online registration is also available through noon May 25, 2018 at [parunners.com](http://parunners.com) (nominal service fee applies). All entries postmarked by May 25, 2018 will receive a 5K t-shirt. The fee for entries postmarked after May 25 and on Race Day is \$30; T-shirts available while they last.

**OR:** Obtain sponsorship of \$100 or more and run for FREE in memory or honor of your hero! Register/pay per the instructions at left. Please also download a sponsorship form at [homelandhospice.org](http://homelandhospice.org) and bring Race Day along with all monies/checks (payable to Homeland Hospice). Runners obtaining at least \$100 in sponsors will have their registration fees refunded.

**RESULTS:** Professional chip timing by Integrity Sports. Race results posted on [parunners.com](http://parunners.com).

**AWARDS:** Medals and \$100 awards will be presented to 5K Overall Male and Female Champions. Medals presented to top three (3) Male and three (3) Female finishers in each of the following age brackets: 14 and under, 15-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70 and over. (Prize also presented for "Most Heroic" look at the Fun Run/Walk!)

**DIRECTIONS:** Obtain directions using the link at [visitpa.com/pa-family-fun/harrisburg-city-island](http://visitpa.com/pa-family-fun/harrisburg-city-island).

Race Day parking is FREE on the lots at City Island.

**QUESTIONS?** Contact Myra Badorf at [mbadorf@homelandhospice.org](mailto:mbadorf@homelandhospice.org); 717-221-7890



**HOSPICE**

2300 Vartan Way • Harrisburg, PA 17110 • 717-221-7890 • [HomelandHospice.org](http://HomelandHospice.org)

**Yes! I'd like to register for the 2018 HEROES FOR HOMELAND HOSPICE 5K.**

Detach and mail this form. Include \$25 early registration fee before May 25. Late registration fee \$30. Please make checks payable to Homeland Hospice and mail to: Homeland Hospice Development Office, 2300 Vartan Way, Harrisburg, PA 17110

Name \_\_\_\_\_ Address \_\_\_\_\_  
*(Please print.)*

Phone \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail address \_\_\_\_\_ Age (on Race Day) \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

<p><b>5K T-shirt size</b> <i>(circle one)</i></p> <p>Youth: S M L</p> <p>Adult: S M L XL XXL</p>
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WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to Homeland Hospice, Homeland Center, the City of Harrisburg, the County of Dauphin, and all its representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. 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 high heat and/or humidity; and the condition of the road; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and/or pictures in legitimate accounts and promotions of this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
*(Parent or guardian's signature if less than 18 years of age.)*