



CITY ISLAND/CAROUSEL PAVILION
HARRISBURG, PA

SATURDAY, JUNE 20, 2020

5K AND MEMORY WALK

8:30AM

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: HOMELAND HOSPICE 5K RUN or MEMORY WALK 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 20, 2020

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

8:30 AM – 5K run/walk begins

9:30 AM – Awards presentation at Carousel Pavilion

HOW: To register, complete and mail the form below and enclose a check to Homeland Hospice. Adults cost \$25 and children 12 and under are \$10. Online registration is also available through noon June 8, 2020 at parunners.com (nominal service fee applies). All entries postmarked by June 8, 2020 will receive a 5K t-shirt. The fee for entries postmarked after June 10 and on Race Day is \$30 for adults and \$15 for children 12 and under. T-shirts available while they last.

OR: Obtain sponsorship of \$100 or more and run or walk 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 and bring Race Day along with all monies/checks (payable to Homeland Hospice).

RESULTS: Professional chip timing by Integrity Sports. Race results posted on parunners.com.

AWARDS: \$100 awards will be presented to the 5K Overall Male and Female Champions. Plus ribbons will be presented to the 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.

Additional awards include: largest team, most decked out stroller, and most adorable dog.

DIRECTIONS: Obtain directions using the link at 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; 717-221-7890



HOSPICE

2300 Vartan Way • Harrisburg, PA 17110 • 717-221-7890 • HomelandHospice.org

Yes! Register me for the 2020 HOMELAND HOSPICE 5K and Memory Walk.

Detach and mail this form. The \$25 early registration fee must be received by June 8. Late registration fee is \$30. Please make checks payable to Homeland Hospice and mail to: Homeland Hospice Development Office, 2300 Vartan Way, Suite 270, Harrisburg, PA 17110. You can also register with a credit payment online at HomelandHospice.org/5K-MemoryWalk.

Name _____ Address _____

(Please print.)

Phone _____ City _____ State _____ Zip _____

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

5K T-shirt size *(circle one)*

Youth: S M L

Adult: S M L XL XXL

I cannot participate but I'd like to make a donation. Enclosed is my check in the amount of \$ _____.

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.)