



let the **spirit** move you

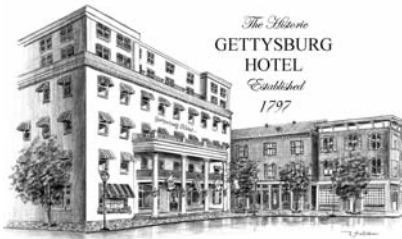
19TH SPIRIT OF GETTYSBURG 5K • JULY 11, 2009

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empowering women **ywca**

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This year's race logo was designed by



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race information

Schedule

Friday, July 10

Noon - 8 p.m. Registration and packet pick-up

Saturday, July 11

6:30 a.m. Registration (YWCA Gym) and vendor booths.
Chip pick-up (en route to starting line)

7:50 a.m. 5K Wheelchair Race start

8 a.m. 5K Run start

9 a.m. 1-mile Fun Run/Fitness Walk (13 years+) and Kids' 1-mile Run (7-12 years)

10 a.m. Kids' 1/4 Mile Sprint (4-12 years) and Mini Trot (4 years and under)

Registration, Packet Pick-up and Chip Pick-up

To avoid race day delays, runners should register in advance and pick up race packets on Friday, July 10. Packets cannot be mailed. **Chip pick-up is outside, enroute to the starting line on Saturday, July 11.** NO REFUNDS.

Course

The 5K course passes the famous Eternal Peace Light Memorial. Walkers are welcome, there is a 50-minute time limit. Baby joggers are permitted at the rear of the pack. The **1-Mile Fun Run/Walk & Kids' 1-Mile Run** begin on the far/south side of the YWCA parking lot (Springs Avenue) promptly at 9 a.m. Meet at the pavilion at 9:15 a.m. for the **1/4 Mile Kids' Sprint and Mini Trot.**

Restrictions: For safety and liability insurance requirements, unauthorized vehicles, bicycles, skateboards, roller and inline skates, standard strollers, infant backpacks and frontpacks, headphones and dogs are prohibited on the 5K course.

Lodging

Rooms have been reserved at the Best Western Gettysburg Hotel. The block will be released May 30. Call 717-337-2000 or visit www.hotelgettysburg.com and ask for the "Spirit of Gettysburg" rate.

Photography

Cox Sports Photos at www.coxsportsphotos.com

Chip Timing System

Runner's High will score the race with ChampionChip Timing System. Timing chips are issued on Saturday. Chips are attached to the runner's shoe lace and worn throughout the race. Finish line timing mats record a time for each chip. Chips must be returned at the finish line. There is a \$35 fee per lost chip. Runners providing their own chip must list their chip number on their application.

Awards

The YWCA Gettysburg & Adams County is pleased to offer the following awards. You must be present to receive an award. No awards will be mailed.

1st Place Overall Female & Male

\$250 prize money and race commemoration

2nd Place Overall Female & Male

\$125 prize money and race commemoration

3rd Place Overall Female & Male

\$100 prize money and race commemoration

4th Place Overall Female & Male

\$75 prize money and race commemoration

5th Place Overall Female & Male

\$50 prize money and race commemoration

Wheelchair Division

1st and 2nd Overall: race commemoration

5K Age Group Awards

Presented to the top women and men in the following age groups (1st, 2nd and 3rd place). Awards may be added depending upon number of entires in age group.

10 & under	30-34	55-59
11-14	35-39	60-64
15-18	40-44	65-69
19-24	45-49	70+
25-29	50-54	

Other Awards and Prizes (*Must be pre-registered)

- Door prizes will be posted during the race announcements. Winners must be present to collect prizes; prizes and awards will not be mailed.

The awards ceremony will follow the Kids' Sprint events. No duplication of awards.

Additional Information

For additional information about the race and to see race maps, visit the YWCA Web site at www.ywcagettysburg.org or call 717-334-9171, ext. 216 or e-mail spirit5K@ywcagettysburg.org.

New Registration Option

Runners can register online at www.active.com.

registration information

Send form with payment to the YWCA Gettysburg & Adams County, Spirit of Gettysburg, 909 Fairfield Road, Gettysburg, PA 17325.

Name _____

Address _____ City _____

State _____ ZIP _____ Phone _____ - _____ - _____

Age on race day ____ DOB (Required) ____/____/____ Gender Male Female

Event (choose one)

- 5K 5K Wheelchair
 1-mile Fun Run/Fitness Walk (13 years +)
 1-mile Kids' Run (7-12 years)
 1/4-mile Kids' Sprint (4-12 years)
 Kids' Mini Trot (4 years and under)

5K Race Shirt (choose one)*

- Adult T-shirt Circle Size: S M L XL

* Shirts only guaranteed to runners registered before June 15. 50/50 shirts will be available during packet pick-up on a first come, first serve basis for those who register after June 15.

Only hi-tech wicking shirts are available before June 15. Only 50/50 shirts are available after June 15.

Childcare

- I will need childcare. On-site childcare is provided from 7 a.m. to 10 a.m. for children ages 10 and under. \$2 per child; must be registered by July 3.

Timing Chip

- I am bringing my own timing chip.

Chip # _____

Waiver

I know that running a road race is a potentially hazardous activity. I will not enter and run unless I am medically able and properly trained. I agree to abide by any decision a race official may have relative to my ability to safely complete the run. I assume all risks associated with running this event, including, but not limited to, falls, contact with other participants, effects of weather, traffic and road conditions. All such risks are known and appreciated by me. Having read this waiver, knowing these facts and in consideration of your accepting my entry, I, for myself, and anyone entitled to act on my behalf, waive and release the YWCA Gettysburg and Adams County and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event, even though such liability may arise out of negligence or carelessness on part of the persons named in this waiver.

Signature _____ Date _____

Race Fees

NEW SHIRT POLICY: Hi-tech wicking shirts are only guaranteed until June 15. 50/50 shirts will be available during packet pick-up on a first come, first serve basis for those who register after June 15.

5K \$25 \$ _____
 \$30 (race day)

1-Mile Fun Run/Walk \$ _____
 \$25
 \$30 (race day)

Kids' events: 1-mile, 1/4-mile & Trot (12 and under)

\$7 \$ _____
 \$10 (race day)
Youth shirt (circle size) S (6-8) M (10-12) L (14-16)

Extra Shirts (must be ordered by June 15) \$ _____

- Adult T-shirt - \$10
Quantity and size: S__ M__ L__ XL__
 Youth T-shirt - \$6
Quantity and size: S__ M__ L__ XL__

Childcare

Number of children 10 and younger ____ x\$2 = \$ _____

Names/Ages _____

Contributions

Proceeds from the Spirit of Gettysburg 5K benefit the community-based programs and services provided year-round by the YWCA Gettysburg & Adams County.

- I would like to make a donation to the YWCA \$ _____

Total enclosed \$ _____

Payment

- Check Mastercard/VISA/Discover (check one)

Card # _____ Exp. Date _____