

1st Annual Sticks and Biscuits
Thanksgiving Day 5K



Thursday, November 26, 2009 – 8:00 a.m.

- Location:** **Klick Lewis “On the Ice” Arena** (101 Landings Drive, Annville, PA 17003)
Located in the Lebanon Valley’s premier sports complex, just off Forge Road (Rte. 117) between 322 and 422 in Palmyra.
- Time:** 5K begins at 8:00 a.m. sharp (rain or shine)
- Entry Fee:** **\$20.00** if postmarked before November 13 ~ **\$25.00** after November 13 and Race Day.
Pre-registered runners/walkers are guaranteed to receive a race t-shirt. Runners/walkers who register after November 13 or register on race day will receive t-shirts on a first-come, first-serve basis.
- Registration:** Race registration will open at 6:45 a.m. in the lobby of the Klick Lewis Ice Arena. Parking available in Klick Lewis Arena parking lot.
- Age Groups:** 14 and under; 15-19; 20-29; 30-39; 40-49; 50-59; 60 and over
- Awards:** Overall male and female winners and the top two male and females in each age group will receive a prize. Prizes will be posted on the website. Random prizes will also be given.
- Benefits:** All proceeds from the race will benefit the Palmyra Ice Hockey Club.

PLEASE PRINT

Name: _____ **Male** _____ **Female** _____ **Age** _____

Address: _____

Phone: _____ **Runner** _____ **Walker** _____

Email: _____

T-Shirt Size (adult only): **S** _____ **M** _____ **L** _____ **XL** _____

I cannot participate in the race, but would like to make a contribution: \$ _____

- Please enclose check made payable to: Palmyra Ice Hockey Association
- Mail entry forms to: Sticks & Biscuits 5K 599 Sweetwater Dr., Palmyra, PA 17078
- Questions: Contact Kristi Wasson at 717-473-3307 or Diana McKenna at 717-838-9387

In consideration of the acceptance of this entry, I hereby waive and release any and all rights and claims for damages or injuries I may have against any and all race officials, the North and South Londonderry Townships, and the Palmyra Ice Hockey Club for any and all damages or losses that may be suffered by me before, during, and after this event such release binding my heirs, creditors, and assigns. I hereby grant permission to the aforementioned to use my name and/or photographs or videotape of this event without limitation or obligation. I certify that I am physically fit for this event and understand the risks involved by participating in this event.

Signature: _____

(parent signature if under 18)