

## FEATURING

- Chip-timing system
- A fast, flat course
- Online registration at:  
[www.parunners.com](http://www.parunners.com)
- Website information at:  
[www.raceforwomenshealth.com](http://www.raceforwomenshealth.com)
- New this year: 5K Walk!

## RACE DAY ACTIVITIES

### Include:

- music
- door prizes
- health information
- All the fun of the Lewisburg Annual Art's Festival with the Market Street Sidewalk Show and Sale!



## COURSE RECORDS

Male: Bradley Wertz 15:24 (2001)

Female: Laurel Park 17:39 (2001)

**Family Planning Plus  
4612 Westbranch Highway  
Lewisburg, PA 17837**

# 12<sup>th</sup> Annual 5K Race For Women's Health

**Saturday,  
April 30<sup>th</sup>  
2011**



**HEALTHY CHOICES FOR LIFE**

## RACE DAY EVENTS

### 5K Race

**Race Start Time:** 8:30 a.m.

**Location:** Lewisburg Area High School  
at Market Street and Route 15  
(SE Corner of Rt.15 and Rt. 45)  
Lewisburg, PA 17837

### 5K Walk

**Start Time:** 8:30 a.m.

### Carrie's Kids Run

**Age Groups:** 1– 5 and 6– 8

**Start Time:** 9:15 a.m.

### Race-Day Registration

Registration opens at 7:00 a.m.  
\$22 – 5K Race and 5K Walk  
\$2 – Carrie's Kids Run

### Pre-Registration Savings!

\$20 if you pre-register for 5K Race or Walk  
by April 29, 2011

Online at [www.parunners.com](http://www.parunners.com)

By mail to:

Family Planning Plus  
Attn: Mary Rainey  
4612 Westbranch Highway  
Lewisburg, PA 17837

Checks payable to: **Family Planning Plus**

*Events benefit Family Planning Plus  
Serving families in Union, Snyder, Northumberland,  
Mifflin, and Juniata Counties*

*No headphones, pets or baby buggies in race*

*No refunds – official race director reserves the right to  
reject any entry*

SRRC-insured

## 12<sup>th</sup> Annual 5K Race For Women's Health Saturday, April 30th, 2011

### 5K Race Awards

- 🏃 Runners placing 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in their age groups receive hand-painted trophy tiles.
- 🏃 "Betsey Reicherter Memorial Award" goes to the first male and female finishers.
- 🏃 "Carrie Midpack Award" is given to the runner in the middle of the pack.
- 🏃 "Cathy Ebricht Rookie Award" goes to the fastest rookie.

For more information about the race  
visit [www.raceforwomenshealth.com](http://www.raceforwomenshealth.com)  
or contact Shiloh Erdley at  
phone (570) 854-0972  
email [shiloherdley@yahoo.com](mailto:shiloherdley@yahoo.com).

For more information about  
Family Planning Plus  
visit [www.familyplanningplus.org](http://www.familyplanningplus.org)  
or call 570-523-3600

**Family Planning Plus**  
4612 Westbranch Highway  
Lewisburg, PA 17837

**Phone (570) 524-3600**  
**Fax (570) 524-4197**

## REGISTRATION

**\*\* MAXIMUM OF 300 PARTICIPANTS**

### 3 Ways to Register:

- ✓ Register online at [www.parunners.com](http://www.parunners.com)
- ✓ Complete and mail this form
- ✓ Download application from website  
[www.raceforwomenshealth.com](http://www.raceforwomenshealth.com)

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Age:** \_\_\_\_\_ **D.O.B** \_\_\_\_\_ **Sex:** M F

**E-mail:** \_\_\_\_\_

### Event entering:

- 5K
- 5K Walk
- Carrie's Kids Run
  - Ages 1 to 5
  - Ages 6 to 8

### T-Shirts!

Short sleeve T-Shirts to the first 100  
registered runners/walkers.

Shirt Size (adults only)

S  M  L  XL

### Application release and indemnity form:

In consideration of the acceptance of this entry to the Race for Women's Health, I waive all claims for myself, my heirs and assigns against the sponsors, cooperating and coordinating groups, and any individual associated with the event and will hold them harmless for any and all injuries or illness which may result from my participation. I further state that I am in proper physical condition to participate in this race.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Parent's signature required if walker/runner is less than 18 years of age.