

LIABILITY WAIVER FOR YORK ROAD RUNNERS CLUB

WINTER SERIES



I know and understand that running a race is a potentially hazardous activity. I attest that I am medically able to run and am properly trained for the event. I assume any and all risks associated with running in the event. I hereby waive and release the race, race organizers, volunteers, sponsors, York Road Runners Club, USOC, USA Track & Field and its associations and committees from all claims or liabilities. I grant permission to all foregoing to use any photographs, motion pictures, recordings, or any other record for this event for legitimate purposes.

**Dallastown Area School District Release & Waiver
(December 16, 2018)**

The undersigned, either individually or as a parent or guardian of a minor, in consideration of the opportunity to participate in the activity listed above on district property, hereby waives, discharges and releases the Dallastown Area School District, including its directors, administrators, employees, agents, insurers and representatives (collectively the "district"), from and against any and all damages, claims, losses, or injuries occurring arising from or related to the event listed above, whether they are caused by physical injury, loss of property, acts of others, negligence, or any other cause. This is an unconditional release of liability to the greatest extent allowed by law. The undersigned confirms that he or she has read this document and agrees to be legally bound by it. This release shall remain in full force and effect unless revoked in writing by the undersigned.

Print Name of Individual or Minor for whom this Release is submitted

Signature of Individual, or Parent/Guardian if signing for a minor

Date: _____

Directions:

- **Dover 10 Miler:** (5161 N. Salem Church Rd. Dover 17315)PA Rt 74 north to Dover, left (west) on Canal Rd., right on North Salem Church Rd., right into North Salem Elementary School
- **Spring Valley 4 Miler:** (GPS Coord Lat 39°49'47.91"N Lon 76°39'10.92"W) I-83 S to Exit 8 (Glen Rock); Left (east) on 216. Travel less than ¼ mile; right on Potosi Rd.; Follow Potosi Rd about 2 miles to Spring Valley Park; Left on Crest Rd to Equestrian Center on right. **PARKING ON CREST RD. IS DISCOURAGED. PARK IN THE MAIN PARKING AREA.**
- **Dallastown 10K:** (700 New School Ln. Dallastown 17313) Queen St (Rt 74) south to Dallastown. Go to the first traffic light (Turkey Hill on right) and turn right on Walnut St. Stay straight on Walnut St. about 1 mile. This road brings you behind the school and into the stadium. Bear left at the stadium (between the stadium and school to the parking lot).
- **John Rudy Rail Trail 5 Miler:** (400 Mundis Race Rd. York 17406) Heading north on Route 24 turn left on to Mundis Race Rd (approx. 2.8 miles north of Rte. 30). Turn right into the first park entrance. Eastern Hemlock Pavilion.
- **Indian Rock 10K:** (1500 Indian Rock Dam Rd. York 17403)Heading south on George Street to York Hospital; Turn right on Country Club Road. Right on Richland; Left on Indian Rock Dam Road. Indian Rock Elementary on left.
- **Jacobus 5 Miler:** (200 N. Main St. Jacobus 17407) I-83 south to exit 14 (Leader Heights); Right (west) on Leader Heights Rd. Left (south) on George Street. Follow into Jacobus turning right onto Church St or other parking in the area.
- **Springettsbury 10K:** (3520 Pleasant Valley Rd. York 17406) Route 30 east to Mt Zion Rd exit. Left at light. Right on Whiteford Rd. Springettsbury Park on left at 1401 Williams Rd, York 17402.
- **Northeastern 5K:** (300 High St. Manchester 17345) I-83 North to Exit 24 (Emigsville Exit). Travel straight thru traffic light (Board Rd) to the 4 way stop sign. Turn Right onto Musser St. Left at light onto Main St. (Rt 181). Right at light onto Maple St. Then a quick left onto High St. 300 High St, Manchester.

2017 - 2018 YRRC Winter Series

Series Coordinator:

Heather Roe & Jason Heilman
(yrrcwinterseries@gmail.com)



Rita's of East York



WOLF PRINTING

How does the Winter Series work?

- 8 races and 8 one mile runs for one low registration fee.
- Participants are assigned a race number and are responsible for bringing their bib and wearing it for every race they attend (bibs to be worn on the front of the runner).
- Series award categories for males & females: 1-13; 14-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70+
- 1 mile run series award categories for males & females: 1-13; 14- 19; 20-29; 30-39; 40-49; 50-59; 60-69; 70+
- Awards for top 3 in age group (1 mile & main event). Awards are based on placement points earned throughout the series and awarded at the final race. The more races you run, the better your chances of placing!
- Participation awards for those who run and/or volunteer at 5 or more races.
- The York Road Runners Club Winter Series is sanctioned by USA Track & Field.

****NEW FOR THE 2017-2018 SERIES****

We are offering chip timing for quicker and more accurate results!

- Those opting to run the 1 mile AND the main event will be issued 2 bibs. You must wear the correct bib for the each event in order for your time to be recorded for the event.
- There is a \$5 replacement fee for each forgotten/lost bib.

Registration:

Registration is available online through the YRRC website, by mail, or at any race.

Online: www.yorkroadrunners.com

Mail to:

Heather Roe, 1701 Taxville Rd, Apt. 18C,
York, PA 17408

Schedule:

Date	Race	Director
Nov. 12, 2017, 1pm (Sunday)	Dover 10 Miler	Doug Barnett 717-891-5016
Nov. 26, 2017, 1pm (Sunday)	Spring Valley 4 Miler	Tim Ihrig 717-495-4520
Dec. 16, 2017, 9am (Saturday)	Dallastown Wildcat 10K	Grayce Langheine 717-600-4019
Dec. 30, 2017, 9am (Saturday)	John Rudy Rail Trail 5M	Todd Rose 717-779-7916
Jan. 13, 2018, 9am (Saturday)	Indian Rock 10k	Heather Roe 717-855-8750
Jan. 27, 2018, 9am (Saturday)	Jacobus 5 Miler	Jim Rayburn 717-779-3589
Feb. 10, 2018, 9am (Saturday)	Springettsbury 10K	Becky Doner 717-578-5830
Mar. 3, 2018, 9am (Saturday)	Northeastern 5k	Greg Cauller 717-578-6539

1 MILE RUN STARTS AT 12:35 FOR SUNDAY RACES AND 8:35 FOR SATURDAY RACES

Please note:

- Some races have limited parking. CARPOOL when you can please!
- For the safety of all runners, please arrive prior to the start of the one mile race.
- For the safety of all, no dogs are permitted on the course.
- Headphones are discouraged.
- All Winter Series races will be held in typical winter weather, which includes snow, ice and cold temperatures. In case of severe weather or dangerous levels of ice, the race will be cancelled. Check for cancellations at www.yorkroadrunners.com, YRRC’s Facebook Page or call the race director.
- Cancelled races will not be rescheduled with the exception of the final race of the series.

Interested in becoming a member of York Road Runners Club?

www.yorkroadrunners.com/membership

Please complete this page and sign the Liability Waiver on the back or register online at www.yorkroadrunners.com.

Entry Fee:	Main Event (Incl. 1 Miler)	One Miler ONLY
Regular:	\$40 individual / \$80 family	\$15 individual
YRRC Member:	\$35 individual / \$70 family	\$12 individual

CHECK THIS BOX IF YOU PLAN TO RUN BOTH THE ONE MILERS AND THE MAIN EVENTS.

Make checks payable to:

YRRC Winter Series

Mail to:

Heather Roe, 1701 Taxville Rd, Apt. 18C,
York, PA 17408

Name: _____

YRRC Member # (for discount): _____

Address: _____

City: _____

State: _____ Zip: _____

Sex (M/F) _____ Birth Date: _____

Age as of 11/12/17: _____

Phone: _____

Email: _____

***Additional Family Member Information:**

Name: _____ Sex (M/F) _____

Birth Date: _____ Age as of 11/12/17 _____

Name: _____ Sex (M/F) _____

Birth Date: _____ Age as of 11/12/17 _____

Name: _____ Sex (M/F) _____

Birth Date: _____ Age as of 11/12/17 _____

Name: _____ Sex (M/F) _____

Birth Date: _____ Age as of 11/12/17 _____