



RUN TOGETHER TRAILS AND TAILS 5K

**Pinchot State Park – Conewago Day Use
Saturday, May 11, 2019
8:30 a.m.**

Join the YMCA for a fun, family and furry-friend trail running event!

7:00 a.m. – Race Day Registration and Packet Pick Up

8:30 a.m. – Costume Competition

8:50 a.m. – Costume Awards

9:00 a.m. – Furry Scurry Fun Run

9:00 a.m. – Kiddos aged 3-5 years – .25 miles

9:05 a.m. – Kiddos aged 6 – 8 years – .5 miles

9:10 a.m. – Kiddos aged 9 – 12 years – .5 miles

9:30 a.m. – 5K Race start

10:45 a.m. – 5K Awards

www.yorkcoymca.org

**Bob Hoffman Dover Branch YMCA
1705 Palomino Drive
Dover, PA 17315
717-292-5622**

**Race Director: Cori Strathmeyer
cstrathmeyer@yorkcoymca.org**



PACKET PICK UP

Thursday, May 9, 2019 from 10 a.m. - 8 p.m. And Friday, May 10, 2019 from 10 a.m. - 8 p.m.
Pre-race entry packet pick-up at the Bob Hoffman Dover Branch YMCA, 1705 Palomino Road, Dover, PA 17315.

RACE DAY REGISTRATION

7:00 a.m. - 8:00 a.m. ONLY

START/FINISH

The race begins on the Pinchot Conewago Day Use parking lot. The route progresses from Oak to Pinchot to Old Farm, ending on the Lakeside Trail. The trail surface includes rocks, grass, tree roots, stone and potentially mud. The trail width varies along the course. A detailed map is available on the Y and RunSignUp websites.

WATER STATIONS

Water stations for furry-friends and humans are located near the race start and finish. Two additional stations are located on the trail near miles 1 and 2.

AWARDS

Overall (male and female) top three finishers.

COSTUME COMPETITION

Award categories: Best Couple, Most Colorful, Biggest Pet, Smallest Pet, Animal Replication and Sports/Fitness Fan.

FURRY SCURRY

Youth participants are encouraged to wear animal costumes for the running event. Every runner will receive a finisher medal.

FURRY-FRIEND REQUIREMENTS

All pets must be licensed and current with immunizations. Proof of rabies vaccination is required. All pets must be leashed and controlled by their human running companion. Leash length may not exceed 6 feet. One dog per registration fee; additional dogs are \$5.00 per entry.

2019 YMCA TRAILS AND TAILS 5K ENTRY FORM

Name: _____ DOB ___ / ___ / ___ Age (on Race Day) _____ Male Female

Address: _____ City: _____ State: _____ Zip: _____

Email: _____ Phone : _____ - _____ - _____

Emergency Contact Name: _____ Contact Phone: _____

I know that running the YMCA Trails and Tails 5K is a potentially hazardous activity. I should not enter and run /walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running the event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, cold or slippery conditions of the race course, all such risks being known and appreciated by me. Having read this waiver, knowing these facts, and in consideration of your accepting my application, I, for myself and anyone entitled to act on my behalf, waive and release the race director, race officials and volunteers, any and all sponsors including, but not limited to YMCA of York and York County and York County, and all their representatives and successors from all claims or liabilities of any kind arising out of my participation in the event. I further certify that my pet is licensed and current with immunizations and rabies vaccination.

Signature: _____ Date: _____

Parent Signature (required for runners < 18): _____

Entry Fees:

_____ \$25 Early registration by April 22 (shirt guaranteed)

_____ \$30 Registration between April 23 - May 6

_____ \$35 Late Registration May 7- May 11

_____ \$10 Youth (13 years and under) 5K registration

_____ No.: _____ x \$5 per Furry Scurry registration

_____ Rabies Vaccination Documentation attached

Moisture Wicking Short Sleeved Shirt Size

Adult: XS* S M L XL

Youth: XS S M *(Adult XS is the same as Youth L)

Payment Method: Visa MasterCard American Express

Card Number: _____ Exp. Date: _____ Security Code: _____

Check Enclosed (Payable to: Bob Hoffman Dover Branch YMCA)