



From Our Farm to Your Family

Saturday, August 3, 2019

9AM Start (rain or shine)

Miller Plant Farm

Start, finish, and packet pick-up all take place at Miller Plant Farm
430 Indian Rock Dam Road, York, PA 17403

5K Run/Walk Fees: \$25 if received by July 14; \$30 if received July 15-August 3.

100% of proceeds benefit WellSpan York Cancer Patient Help Fund

Like so many families, cancer has sadly touched our family. WellSpan York Cancer Center and their caring staff have supported us in ways we didn't even know possible. Located on the Apple Hill Medical Campus, WellSpan York Cancer Center opened in 1994 and makes available to patients a full spectrum of state-of-the-art cancer treatment and supportive services. Radiation therapy, medical oncology, surgical services, and outpatient infusion services, as well as oncology social workers, oncology dietitians, nurse educators, nurse navigators and a financial counselor are available at this facility. Please assist in our efforts to raise money for this wonderful facility located in our backyard.

Registration Info: No registration after 8:30AM on race day. Race registration can be done by using the form below or online (www.millerplantfarm.com.) Online registration closes at 6PM on July 31, 2019. Shirts are guaranteed to anyone who registers by July 14. Shirts are a performance style: 100% polyester with moisture-wicking and UV protection. There are men's, ladies, and youth sizes available. Additional shirts are available for purchase prior to July 14; please fill out the form below. Please provide an email address for all race communications.

Packet Pick-Up: Friday, August 2 from 9AM-6PM or race day from 7:30AM-8:30AM at the Garden Center at Miller Plant Farm.

Overall winners, both male and female, will receive a prize. All participants will receive a Miller Plant Farm produce sampler. Performance T-shirts will be guaranteed to anyone who registers by July 14.

Race safety considerations: This is a rugged, all-terrain course which takes place on a working farm. The course consists of paved and stone surfaces, grassy farm and wooded trails, and more. Strollers and pets are not permitted on the race course. Earphone use is discouraged. No cell phone use or texting while running/walking. Ambulance and medical technician support will be available at the start/finish line from 9AM-10AM. Due to the nature of this event, we encourage individuals to be at least 10 years of age to participate.

More info online at www.millerplantfarm.com

Registration Form

| | | | | | | | |
|---------------|------------|--|-----------------------------|----------------------------|----------------------------|-----------------------------|------------------------------|
| Name _____ | Shirt Size | Youth T-Shirt | XS <input type="checkbox"/> | S <input type="checkbox"/> | M <input type="checkbox"/> | L <input type="checkbox"/> | XL <input type="checkbox"/> |
| Address _____ | | Men's T-Shirt | S <input type="checkbox"/> | M <input type="checkbox"/> | L <input type="checkbox"/> | XL <input type="checkbox"/> | 2XL <input type="checkbox"/> |
| _____ | | Men's Muscle Shirt | S <input type="checkbox"/> | M <input type="checkbox"/> | L <input type="checkbox"/> | XL <input type="checkbox"/> | 2XL <input type="checkbox"/> |
| _____ | | Ladies' V-Neck | S <input type="checkbox"/> | M <input type="checkbox"/> | L <input type="checkbox"/> | XL <input type="checkbox"/> | 2XL <input type="checkbox"/> |
| Phone _____ | | Ladies' Racerback Tank | S <input type="checkbox"/> | M <input type="checkbox"/> | L <input type="checkbox"/> | XL <input type="checkbox"/> | 2XL <input type="checkbox"/> |
| Age _____ | | <i>(Your registration includes one shirt.)</i> | | | | | |
| Gender _____ | | <i>Please include \$10 for each additional or \$12 for 2XL sizes</i> | | | | | |
| Email _____ | | <i>with your race payment)</i> | | | | | |

WAIVER: I know that participating in an all-terrain event is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I also know that the course takes place on a working farm and there will be traffic, hazards, debris, and poor footing, and assume the risk for participating. I also assume any or all other risks associated with participating in or attending the race including but not limited to falls, contact with other participants, obstacles both natural and manmade that are incorporated into the race, the affects of the weather, getting lost, wildlife & insect attacks, and all such risks known and appreciated by me. Knowing these facts, and in consideration of your accepting my entrance fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge Miller Plant Farm Inc., all townships and municipalities in which the event is held, the race director, course officials, employees, assigns, or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury, or property damage of any kind of nature whatsoever arising out of, or in the course of, my participation in this event. This waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to Miller Plant Farm Inc. to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction, or compensation. BY SIGNING THIS, I ATTEST THAT I AM AT LEAST 18 YEARS OLD OR AM THE PARENT/GUARDIAN OF A MINOR, AND THAT I HAVE READ AND UNDERSTAND THIS WAIVER.

I have read & understand the waiver Yes

Signature (Parent/Guardian signature if participant is under 18) _____

Date _____

Make checks payable to: Miller Plant Farm

Return entries to: Miller Plant Farm, 430 Indian Rock Dam Road, York, PA 17403