

# 1<sup>st</sup> annual **Go for Gold's** 5K run/walk



Proceeds to benefit the York Cancer Patient Health Fund

**This race is in honor of cancer survivors, fighters, and those we have lost...remember always**

Date: Saturday, September 15, 2012

T-shirt will be available to first come/first serve

Location: **Gold's Gym**  
**985 Far Hills Dr.**  
**Shrewsbury, Pa**

Age groups: 12 and under, 13-19, 20-29, 30-39,  
40-49, 50-59, and 60 and older

Times: 9:00 am 5K run  
8:30 am walk begins

Refreshments will be served as well as water and  
sports drinks before and after the race.

Course will be a 3.1 mile rolling course starting and ending at Gold's gym in Shrewsbury, Pa. It will include Renaissance Dr, out and back on Wolfe Rd. and a small loop including Plank and Mt. Airy Roads.

Prizes will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place M/F in each age group.  
There will be a \$50 cash prize to the overall winner and a \$25 cash prize to the 2<sup>nd</sup> and 3<sup>rd</sup> place finisher overall.

Please contact race director: Dawn Jeter with any questions

Phone: 970-531-7622 email: ameldashu@hotmail.com

➤ Short awards ceremony with raffle to follow the race

➤ Register by mail below or in person at **Gold's Gym, Shrewsbury**

**Cost: (before 08/15/12) walk \$10/run \$15 (after 08/15/12) walk \$12/run \$20...please write walk or run on your form. Any and all additional donations or fundraising will be greatly appreciated. Volunteers needed**

Mail entry form and fee to

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

**Waiver:** By electing to participate in the programs or

Gold's Gym Shrewsbury

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

activities sponsored by Gold's Gym in Shrewsbury, Pa and Dawn

985 Far Hills Dr. Suite 100

\_\_\_\_\_

Jeter, I do voluntarily, and with full knowledge, assume any and

Shrewsbury, Pa 17349

Phone: \_\_\_\_\_

all risk of harm or injury to my person, my property, my health,

Sex/age on race day: \_\_\_\_\_

and my well being which may be a result of such participation. I

I have read the waiver and release on the side. I understand that I have  
given up substantial rights by signing below. I have signed this release  
voluntarily.

further agree to release, indemnity and hold harmless Gold's Gym

its staff, employees, and agents for any and all claims and

demands for damages resulting from mine or my child's

Signature \_\_\_\_\_ Date \_\_\_\_\_

participation in said programs or activities.