



Directions

FROM HARRISBURG AREA:

322 East to 241 North go 2.7 miles, turn right onto Rocherty Road, go 3 red lights, turn left onto Lincoln Ave, go north for about 6 blocks, entrance to VA on right.

Turnpike 76 East to Lebanon/Lancaster Exit (266). Take 72 North then 2 red lights, at second light make right onto Rocherty Road, go 2 lights then at second light make a left onto North Lincoln Ave., go north 6 blocks, entrance to VA on right.

FROM FRACKVILLE AREA (NORTH):

81 South to 72 South to 422 East, make right onto Lincoln Ave, then go South on Lincoln Ave. to stop sign, continue straight ahead 10 blocks, VA entrance on left.

FROM ALLENTOWN AREA:

78 West to Route 22 West to 343 South which turns into 7th Street in Lebanon, turn left onto 422 East to Lincoln Ave., turn right go south on Lincoln Ave to stop sign, go straight 10 block , VA entrance on left.

FROM LANCASTER AREA:

72 North to Rocherty Road, turn right, 2 lights to Lincoln Ave., turn left onto Lincoln Ave., go north 6 blocks, entrance for VA on right.

FROM PHILADELPHIA AREA:

76 West (Schuylkill Express) to Valley Forge Turnpike Entrance, 76 West to Lebanon/Lancaster Exit (266) to Route 72 North, go 2 lights on 72 North, then turn right onto Rocherty Road, then 2 lights and at second light turn left onto Lincoln Ave, go north 6 blocks, VA entrance on right.

FROM YORK AREA:

83 North to 322 East to 241 North, go 2.7 miles, turn right onto Rocherty Road, go 3 lights, at Lincoln Ave. make left, go straight 6 blocks, VA entrance on right.

FROM READING AREA:

422 West to Lincoln Ave., make left heading south, stay on Lincoln Ave to stop sign, go straight about 10 blocks, entrance to VA on left.

Annual Memorial 5K Run

30th Annual Memorial 5K Run 1 Mile Fun Run and Toddler Trot

VA Medical Center,
Lebanon, PA

Saturday,
May 27, 2017

www.va5k.com



Benefiting local Veterans of the
surrounding area and the VAPAC

Can you believe it's the 30th year of this wonderful event that honors our Veterans!!!
Be prepared for some extra special events this year!! Check our Facebook page to
see what's happening: <https://www.facebook.com/va5klebanon>

Event Date: Saturday, May 27, 2017

Event Time: 07:30 am - Packet Pickup and late
Registration
09:00 am - 5K Starts
09:45 am - Fun Runs
10:15 am - Awards Ceremony

Location: Lebanon VA Medical Center
1700 S. Lincoln Avenue
Lebanon, PA 17042

Entry Fee: Preregistration deadline: 05/23/17
5K: \$25
Fun Run with T-shirt: \$15
Fun Run without T-shirt: \$1
Toddler Trot—free
(Veterans receive a \$5 discount!)

Late Registration: 5K: \$30
Fun Run with T-shirt: \$20
Fun Run without T-shirt: \$5
(T-shirts are not guaranteed for late registrants)
(Veterans receive a \$5 discount!)

On-Line Registration: <http://www.brynmawrracing.com>

Mail Registration: Checks shall be made payable to:
VAPAC
Mail to:
A. Wise (120)
VAPAC Treasurer
Lebanon VA Medical Center
1700 South Lincoln Avenue
Lebanon, PA 17042

Questions: Email us at Jessica.Lightner@va.gov
or call 717-272-6621 x5694
www.va5K.com

Awards

Awards given to:

- Top 3 overall male and female finishers
- 1st overall male and female Veteran in each service
- Anyone finishing their 10th, 20th, or 30th Memorial 5K (does not include 11th-19th or 21st-29th year)
- Top 3 finishers in the following age groups:
 - Under 10
 - 10-14
 - 15-19
 - 20-29
 - 30-39
 - 40-49
 - 50-59
 - 60-69
 - 70+

Amenities

- Chip timing provided by Bryn Mawr Running Co.
- Refreshments at the finish
- Quality t-shirt guaranteed to all pre-registrants
- Random prize drawings
- Ribbons to all finishers of 5K and fun runs

Course

5K circles the Lebanon VA Medical Center then winds through South Hills Park and finishes on the Avenue of Flags in front of the Lebanon VA Medical Center.

Participant Registration (One form per participant please)

		Reg Fee:	Late Reg	Veteran Pre-Reg:	Veteran Late Reg:
<input type="checkbox"/>	5K Run	\$25	\$30	\$20	\$25
<input type="checkbox"/>	Fun Run	\$15	\$20	\$10	\$15
<input type="checkbox"/>	Fun Run (no t-shirt)	\$1	\$5	\$0	\$0

Last Name First Name

Address

City State Zip

Email Address

Birthdate Age

Emergency Contact Name and Phone Number

T-Shirt Size Gender 10th Run 20th Run

☐ S ☐ Male ☐ 10th Run

☐ M ☐ Female ☐ 20th Run

☐ L

☐ XL

If Veteran, Branch of Service

WAIVER: In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against officials, sponsors, VAPAC and South Lebanon Township for any injury or illness which may directly or indirectly result from my participation in the Memorial 5K Run. I further state that I am in proper physical condition to participate in this event. I hereby voluntarily and without compensation authorize pictures and/or voice recording(s) to be made of me (or of the above-named individual).

Signature