

## EVENT DETAILS

### Schedule of Events

Saturday, April 14, 2018

**9:00am** Registration  
**10:00am** 5k Run and Walk

Join us for a pleasant run through the Bethany Village Retirement Community with food, prizes, and a opportunity to take a pledge against distracted driving. All funds raised by the One More Day 5k support **One More Day (OMD) Foundation**.

## REGISTRATION DETAILS

### Register online:

[www.RunSignUp.com/OMD5k](http://www.RunSignUp.com/OMD5k)

### Registration Entry:

Pre-registration (by April 13th) **\$25**

Race-day registration **\$30**

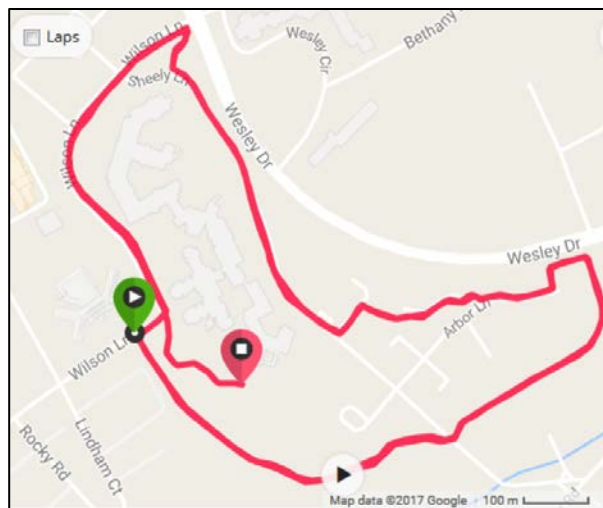
### Please make checks payable to:

One More Day Foundation

### Mail completed registration form and registration payment to:

1310 Yorkshire Place  
Enola, PA 17025

## COURSE MAP



## DIRECTIONS

Race, race-day registration, and race-day packet pick-up at:

**Bethany Village Retirement Community**  
5225 Wilson Lane  
Mechanicsburg, PA 17055

Visit [www.RunSignUp.com/OMD5k](http://www.RunSignUp.com/OMD5k) or  
[www.DriveAttentive.org](http://www.DriveAttentive.org) for more information.

## CONTACT INFORMATION

Email:  
**OMDFoundation@gmail.com**

Please make checks payable to:  
**One More Day Foundation**

Mail registration form and registration payment to:

**1310 Yorkshire Place**  
**Enola, PA 17025**

# SECOND ANNUAL ONE MORE DAY 5k



**Saturday, April 14, 2018**

 [FB.ME/OMDFoundation](https://fb.me/OMDFoundation)  
 [DRIVEATTENTIVE.ORG](http://DRIVEATTENTIVE.ORG)

**Location:** Bethany Village  
Retirement Community,  
Mechanicsburg, PA

### Time:

**9:00am** Registration  
**10:00am** 5k Run & Walk

Join us for a pleasant run or walk through the Bethany Village Retirement Community in support of One More Day Foundation.

## RACE PROCEEDS BENEFIT

All proceeds from the One More Day 5k will support the work of the One More Day Foundation to raise awareness about the dangers and impact of distracted driving by providing educational speakers and materials for high schools, youth groups, and other community groups.

### One More Day Foundation

One More Day Foundation was created in memory of Alicia Nicholson, a mother of two killed on February 6, 2016, by a distracted driver that failed to stop at a four-way intersection. Alicia left behind a husband, and two beautiful daughters, Aaliyah (3-years old) and Annabelle (1-year old). Your support contributes to the success of One More Day Foundation's ability to reach Central Pennsylvania with the important message of driving with our full attention so that no one else will have to endure the pain that comes from losing a loved one at the hands of a distracted driver.



### Distracted Driving Facts

- In the US, there are 1.2 million car accidents each year and 94% are caused by human error.
- Talking on a cell phone (hands-free or hand-held) while driving increases the risk of a crash by 4 times (400%).
- Texting while driving increases the risk of a crash by 8 times (800%).
- Hands-free cell phone use *does not* reduce crash risk. There are *no* safety benefits to hands-free cell phone use.
- Cell phone distracted drivers have slower reaction times and are more likely to crash than drivers with a .08 blood-alcohol-level.

## RACE INFORMATION

### Online Registration

[www.RunSignUp.com/OMD5k](http://www.RunSignUp.com/OMD5k)

### 5k Run and Walk Entry

- Pre-registration (by April 13th) **\$25**
- Race-day registration **\$30**

Pre-registered runners will receive a short-sleeved unisex t-shirt. Shirts are not guaranteed for registrations received after **March 24**. Please register early as race-day quantities are limited.

### 5k Runner Age Group Awards

- 12 & under    • 22 to 32    • 44 to 54
- 13 to 21    • 33 to 43    • 55 & over

### 5k Race Amenities

- Professional race **chip timing** for runners with accurate, real-time results.
- An opportunity to take a **pledge against distracted driving**.
- **Race results** posted on [www.falconracetiming.com](http://www.falconracetiming.com).
- **Food** after the race.
- Help prevent tragedy from distracted driving across Southcentral Pennsylvania by giving to the **One More Day Foundation**.

### Registration Information

Make checks    One More Day Foundation  
payable to:

Mail to:    1310 Yorkshire Place  
Enola, PA 17025



## 2018 ONE MORE DAY 5k REGISTRATION FORM

PLEASE PRINT CLEARLY

*Please complete & check all that apply*



- ☐ 5K Run Entry
- ☐ 5K Walk Entry

- ☐ Male
- ☐ Female

LAST NAME

FIRST NAME

AGE ON APRIL 14, 2018

STREET ADDRESS

CITY

STATE

ZIP

PHONE

EMAIL

T-Shirt Size:

- ☐ XS    ☐ S    ☐ M    ☐ L
- ☐ XL    ☐ XXL    ☐ XXXL

### WAIVER:

In consideration of participating in the One More Day 5k, I hereby waive and release any and all race officials, any organization associated with the One More Day 5k, and the local governments and police, volunteers and any and all sponsors, including their agents, employees, officers, Board members, assigns or anyone acting on their behalf, from any and all claims or liability for death, personal injury, or property damage of any kind or nature arising out of, or in the course of, such participant's participation. I hereby grant permission to the aforementioned to use my name and/or photographs or videotape of this event without limitation or obligation. I certify that I am physically fit for this event and understand the risks involved by participating in this event.

SIGNATURE

PARENT/GUARDIAN SIGNATURE IF UNDER AGE OF 18

Register online at [www.RunSignUp.com/OMD5k](http://www.RunSignUp.com/OMD5k)

