

3X5K

LEG UP FARM

# RUN ONE, TWO OR ALL THREE 5Ks

## THROUGH PASTURES, FIELDS, STREAMS AND WOODS

2018

### PERRYDELL FARM 5K

MARCH 24 • 9 AM • PERRYDELL FARM STORE

**Pre-registration is available until March 19. Runners who register by March 3 receive a pair of running gloves. ALL runners receive a bottle of York County's best chocolate milk. A portion of proceeds supports the Shon Seeley Legacy Fund.**



THANK YOU TO



### BROWN'S SPRING BLOSSOM 5K

APRIL 14 • 9 AM • BROWN'S PYO ORCHARD

**Pre-registration is available until April 9. Runners who register by March 24 receive a pair of running socks. ALL runners receive a bottle of York County's best apple cider.**



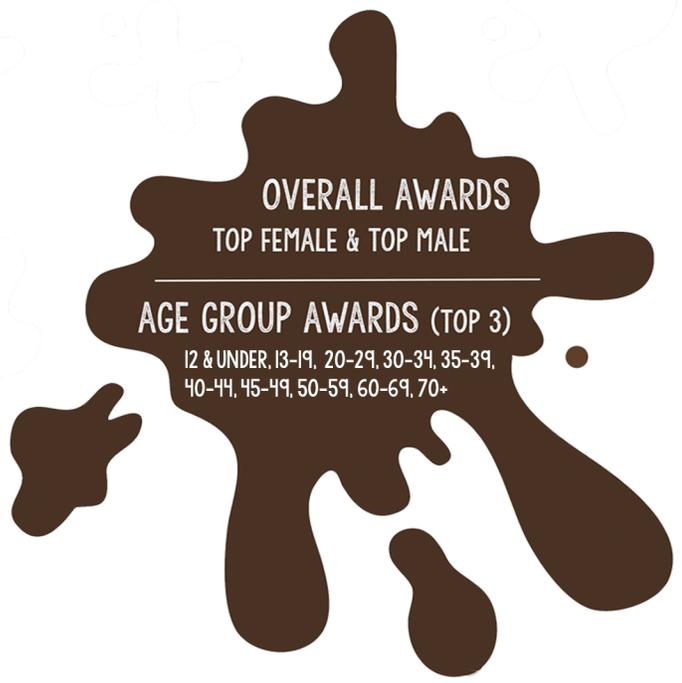
### LEG UP FARM 5K/KIDS FUN RUN

APRIL 28 • 9 AM • LEG UP FARM

**Pre-registration is available until April 23. Runners who register by April 7 receive a t-shirt (5K runners only). ALL Kids Fun Run runners receive an award.**

**RUNNERS WHO FINISH ALL THREE RACES RECEIVE A MUDFEST SERIES MEDAL!**

Races are sanctioned by USA Track & Field



OVERALL AWARDS  
TOP FEMALE & TOP MALE

AGE GROUP AWARDS (TOP 3)

12 & UNDER, 13-19, 20-29, 30-34, 35-39,  
40-44, 45-49, 50-59, 60-69, 70+

# REGISTRATION FORM



REGISTER ONLINE  
[WWW.LEGUPFARMMUDFESTSERIES.EVENTBRITE.COM](http://WWW.LEGUPFARMMUDFESTSERIES.EVENTBRITE.COM)

OR BY MAIL  
LEG UP FARM, 4880 N SHERMAN ST,  
MT WOLF, PA 17347  
(CHECK PAYABLE TO LEG UP FARM)

## QUESTIONS?

CONTACT RACE COORDINATOR, HAL DARR  
[DARRSRUN@AOL.COM](mailto:DARRSRUN@AOL.COM) OR (717) 741-3693

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

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Female/Male: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email Address: \_\_\_\_\_

### I will run:

\_\_\_\_\_ Mudfest Series (\$60)

Individual Races (\$25 each): \_\_\_\_\_ Perrydell 5K \_\_\_\_\_ Brown's 5K \_\_\_\_\_ Leg Up Farm 5K  
Race day registration is \$30

\_\_\_\_\_ Leg Up Farm Kids Fun Run (\$10)

### Please indicate sizes: (Pre-registered runners only)

**Perrydell Farm 5K Gloves**  
Register by March 3

Small  
Medium  
Large

**Brown's 5K Socks**  
Register by March 24

Small  
Medium  
Large

**Leg Up Farm 5K T-Shirt**  
Register by April 7

Small  
Medium  
Large  
X-Large

### Please read and sign waiver (Parent or Guardian should sign for children under 18)

I know that running this race is a potentially hazardous activity. I should not enter and run 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 RISK associated with running the event including, but not limited to, falls, contact with other participants, the effects of the weather including 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, release and hold harmless the race director, race officials, volunteers, any and all sponsors and their representatives and successors, the USOC, USA Track & Field Inc., it's Associates and Committees, the York Road Runners, US Road Running, landowners, and race benefactors.

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