

Shirt Size:

Children attending the event for free (4 and under) will not receive event shirts. Deadline is May 11, 2018

PICK ONE:

Sleeveless Shirt*

Mens Small Med Large XL

Womens Small Med Large XL

*Sleeveless shirts only come in S-XL.

OR

Regular Shirt

Mens Small Med Large XL XXL

Womens Small Med Large XL XXL

I am including at least \$100 in fundraising money to receive free registration.

Make check payable to WellSpan York Health Foundation or charge my credit card:

Visa MasterCard Discover

Am Express

Number _____

Expiration Date _____

Signature _____

Please return this registration form postmarked by May 11 to:

WellSpan York Health Foundation
50 North Duke Street, 2nd Floor
York, PA 17401



New Design for 2018 **PLUS** two style shirts to choose from!

Double Creek 2018 Sponsors

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Event Pricing:

- Children 5-17 are \$10.00 for all events
- Children 4 and under are free!

Endurance Run \$60.00 Pre-registered by May 11
– \$70.00 after May 11

Mega Run \$55.00 Pre-registered by May 11
– \$65.00 after May 11

5 K Run \$30.00 Pre-registered by May 11
– \$35.00 after May 11

10 Mile Run \$40.00 Pre-registered by May 11
– \$50.00 after May 11

5K Walk \$25.00 Pre-registered by May 11
– \$30.00 after May 11

Fun Run \$25.00 Pre-registered by May 11
– \$30.00 after May 11

Ride 10 Mile Route \$25.00 Pre-registered by May 11
– \$30.00 after May 11

25 Mile Route \$30.00 Pre-registered by May 11
– \$35.00 after May 11

50 Mile Route \$30.00 Pre-registered by May 11
– \$35.00 after May 11

62 Mile Route \$35.00 Pre-registered by May 11
– \$40.00 after May 11

Double Creek will provide the following amenities to participants:

- Water stations on 10 mile route and at start/finish line.
- Rest Stops along Cycle Route, which include food and other refreshments.
- Portapotties at the start/finish line and 10 mile turnaround
- Medical Pavilion at start.
- Large number of volunteers.
- Event shirt for all those registered by May 11.
Note: participants 4 and under do not receive an event shirt
- Light breakfast for participants.

10586 INTELLIPRINT 2/18

DOUBLE CREEK

YORK'S PREMIER CYCLING, RUNNING AND WALKING EVENT



Saturday, June 2, 2018

John Rudy Park, York, PA

(EVENT HELD RAIN OR SHINE)



THE RIDE, THE RUN, THE WALK



WELLSPAN.ORG/DOUBLECREEK

The Double Creek Event benefits the York Prescription for Caring Program.

PRESCRIPTION FOR CARING – Participate in Double Creek and help your community!

WellSpan's Prescription for Caring program provides medications to uninsured patients, underinsured patients, and those who are insured but are struggling with multiple healthcare issues and life circumstances.

100% of the proceeds from this event will be used for the Prescription for Caring program.

This past year, 83% of those served had \$30,000 or less in household income. This pharmacy program provided more than 13,000 free life-sustaining medications to patients without insurance over a 12-month period.



In our community



there are _____ people who have to choose between



and paying for their medications.

The Ride. The Run. The Walk.

York's Premier Cycling, Running and Walking Event



10 Mile Run - We will offer a 10 mile run along a scenic section of the Heritage Rail Trail. You will run along the Codorus Creek through beautiful wooded areas.

The route will take off from Rudy Park, and will continue for 8 miles on the Northern Extension of the trail, which is considered one of the most scenic areas in York. As you're running, keep an eye out for bald eagles and other wildlife.

5K Run - The route will be held on the routes within John Rudy Park. Join us for breakfast after the run. This run is a cross-country course, which includes running on grass and paved paths. This is not your typical John Rudy 5K mapped course!

Mega Run - For those of you who loved our half marathon, we offer a new option to run the distance by registering for the Mega Run. You will start with the 5K route, which will be timed separately from the 10 Mile route. Please make sure you are finished and back in time to start the 10 Mile run at 9 AM.

Endurance Challenge - Participants in the Endurance Challenge will participate in the 25 mile cycle event first, starting at 7 AM, and then run in the 10 Mile Run starting at 9AM. 10 Mile route is chip timed. Cyclists need to be back in time to start the 10 Mile Run at 9 AM.

Fun Run - The Fun Run is a one mile event for children.

Walk - Experience a unique walking route within John Rudy Park! Walk at your leisure with family, friends and co-workers since this is not a timed event. Walkers will use the 5K route immediately following the start of the 5K event.

Ride - Register for one of the Double Creek cycle routes and enjoy the beautiful roads leading out from John Rudy Park! Bicycle riders will enjoy the scenic and lightly traveled roads with green stretches of farmland, rustic bridges, and country churches. Cue sheets for the 10, 25, 50 and 62 mile routes are on the website.

Run Timing - All 10 mile and 5K finishers will receive a finisher medal. Chip timing will be used for the 10 mile and 5K runners. Walkers, cyclists and fun runners are not timed. Timing will be calculated by age category.

Photos of runners crossing the finish line will be taken and available for download on our website.

Important Event Information:

- This event is held rain or shine.
- No pets are permitted.
- Running strollers and headphones are permitted.
- Portapotties will be available at the park entrance

Food Service - Breakfast food will be available for all participants at the park. Plan to join us after your event before noon for food. Food service stops at noon. If you return to the school after noon, please make other arrangements for food.

Schedule of Events

Friday

- 4 - 6 pm - Early packet pick up at John Rudy Park - Eastern Hemlock Pavilion. This pavilion is located in the Pines Picnic Area, located at the entrance off of Mundis Race Road.

Saturday

- 6:30 am - Registration
- 7:00 am - Start of all cycle rides
- 8:00 am - Start 5K run
- 8:05 am - Start 5K walk
- 9:00 am - Start 10 Mile run
- 9:30 am - Start of Fun Run
- 12:00 pm - Food service will close

Fees

An event shirt will be available for participants registered by May 11th. (No event shirts will be given to children 4 and under.) If you would like to fundraise for this event, submit at least \$100 when you register, and your registration is free.

Registration Form -

Postmarked by May 11, 2018 to receive event shirt.

Register on-line by visiting www.WellSpan.org/DoubleCreek. Information on group discounts and multi-event discount is available on-line. **OR**

Register by mail. Complete this registration form and postmark no later than May 11, 2018.

Register at the event. Bring this completed form on Friday evening, June 1, 2018 or the morning of the event.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

E-mail address: _____

Gender M or F Date of Birth _____

Sign me up for the following:

THE RIDE: 63 m 50 m
 25 m 10 m

THE RUN: 10 m 5K Fun Run
 Mega Run

THE WALK:

THE ENDURANCE CHALLENGE:

I understand that the 2018 Double Creek event requires a helmet to be worn at all times while riding in the event. In signing this release, I understand the intent thereof and hereby agree and will absolve and hold harmless WellSpan Health, WellSpan York Health Foundation or any other parties connected with this event in any way, singly or collectively from and against blame and liability for any injury, harm, loss, inconvenience or damage suffered or sustained as a result of the participation in the 2018 Double Creek event or any activities associated herewith.

I also hereby consent to and permit any emergency treatment in the event of injury or illness. I also give full permission for the use of my name and photograph in connection with this event.

Signature _____

Signature of parent/guardian if participant is under 18 years of age.