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Race Against Racism  
YWCA of Greater Harrisburg  
1101 Market Street  
Harrisburg, PA 17103

Non-Profit Org.  
U.S. Postage  
PAID  
Permit No. 105  
Harrisburg, PA

YWCA 5K Run/Walk



## Race for a Reason

On Saturday, April 24, the YWCA of Greater Harrisburg will sponsor the sixth annual Harrisburg Race Against Racism. This 5K run/walk demonstrates the YWCA's commitment to racial justice and opportunity, and seeks to raise awareness and address issues related to race in our community. Proceeds will support the YWCA and community-based programs dedicated to the elimination of racism.

## About the Race

- **Saturday, April 24, 2009 – Runners at 9 a.m., walkers at 9:30 a.m.**
- 5K run/walk starts and ends on City Island.
- Registration begins at 7:30 a.m.
- Race goody bags and t-shirts can be picked up in advance at Strawberry Square on April 22 and 23, between 11:30 a.m. and 1:30 p.m., or on race day between 7:30 and 8:45 a.m. on City Island.
- All participants will receive a free t-shirt and goody bag. **However, we cannot guarantee that we will have your t-shirt size if you register on the day of the race.**

## About the Course

- The 5 kilometer/3.1 mile race course is accurately measured, but not certified.
- The race is professionally timed; results will be posted on the YWCA of Greater Harrisburg's Web site ([www.ywcahbg.org](http://www.ywcahbg.org)).
- People of all ages and physical abilities may participate. The course is wheelchair accessible.
- For the safety of all participants, no bikes, in-line skates, headphones or animals (except those that aid the handicapped) are allowed.
- Water will be provided near the two-mile mark and at the finish line.

## Registration Fees

**Register early and online to save! There is NO SURCHARGE TO REGISTER ONLINE!**

Adult pre-registration fees **until April 16**, \$22 on-line ([raceit.com](http://raceit.com)) or \$23 via snail mail. Children (12 and under) \$10 **April 17 – April 24** fees are \$25 for adults and \$10 for children (12 and under)

## To Pre-register

- Online registration (at a discounted rate, see above) is available at [raceit.com](http://raceit.com) until April 16.
- **Each entrant must register individually.**
- **Please indicate if you are running or walking.**  
If you are unable to register online, please complete and mail the registration form below with payment to:  
YWCA of Greater Harrisburg – RAR  
1101 Market Street, Harrisburg, PA 17103
- Questions? Call 717.724.2248.

## Team Cup Challenge

**Team registration must be completed online. Each team member must register online at [raceit.com](http://raceit.com) by April 16.**

- Each team must have a minimum of 6 members.
- Registration fees for individuals apply (see above).
- The team with the greatest number of **pre-registered** team members will win the cup, which will be engraved with the team's name.
- **Team members will be timed individually and are eligible for race awards.**

## Awards

Adult (male and female categories)

**First place:** \$250  
**Second place:** \$175  
**Third place:** \$100

In the teen category (ages 13-19), the first place boy and girl will each win a gift certificate.

## Directions and Parking

### FROM I-83

Take the Capitol/Second Street exit – continue straight through four lights to Market Street. Turn left onto Market Street/Bridge. Halfway across Bridge you will see a sign for City Island. Turn right into City Island with parking lots adjacent to both sides of the bridge. The Carousel Pavilion is in front of the Commerce Stadium.

### FROM I-81

I-81 North: Take the Front Street exit and go south on Front Street. Turn right onto the Market Street Bridge. Halfway across the bridge you will see a sign for City Island. Turn right into City Island with parking lots adjacent to both sides of the bridge. The Carousel Pavilion is in front of the Commerce Stadium.

I-81 South: Take the Front Street exit and go south on Front Street. Turn right onto Market Street Bridge. Halfway across the bridge you will see a sign for City Island. Turn right onto City Island with parking lots adjacent to both sides of the bridge. The Carousel Pavilion is in front of the Commerce Stadium.

### FROM THE PENNSYLVANIA TURNPIKE

On the PA TURNPIKE/I-76 (Portions toll), take Exit 19, or Harrisburg East. Take the I-283/PA-283 exit. Merge onto I-283 N. for 2.7 miles. Take I-83 SOUTH ramp towards Harrisburg, which is the Second Street exit. Continue straight through the light until you come to Market Street. Turn left onto Market Street. Continue straight onto the Market Street Bridge. Halfway across the Bridge you will see a sign for City Island. Turn right onto City Island with parking lots adjacent to both sides of the bridge. The Carousel Pavilion is in front of the Commerce Stadium.

### FROM ROUTE 322

Follow 322 to I-83 South. Exit at the Second Street ramp and go straight through the light. When you reach the light at Market Street, make a left. Go through the light at Front Street, and onto the Market Street Bridge. Halfway across the bridge you will see a sign for City Island. Turn right onto City Island with parking lots adjacent to both sides of the bridge. The Carousel Pavilion is in front of the Commerce Stadium.

**For a downloadable registration form and more information, visit our Web site [www.ywcahbg.org](http://www.ywcahbg.org).**

**Watch for Race information on WGAL-TV Channel 8, our media sponsor.**

Yes, I would like to register!

**Please help us keep our costs at a minimum and use the online ([raceit.com](http://raceit.com)) option to register. Team members *must* register online.**

Each entrant (including team members) must register individually. Your information will NOT be shared. Your e-mail address enables us to save resources and decrease our impact on the environment.

Online pre-registration (**until April 16**) fees are \$22 for individuals and \$10 for children 12 and under. From **April 17 – April 24** adults are \$25 and children 12 and under are \$10. **If you cannot register online, pre-registration fees are \$23 and \$10 for children 12 and under.**

Fill out this form, tear it off and mail to:

YWCA of Greater Harrisburg-RAR  
1101 Market Street, Harrisburg, PA 17103  
Enclose a check payable to YWCA of Greater Harrisburg-RAR.  
**Teams must be registered online ([raceit.com](http://raceit.com)) by April 16.**

In consideration of the acceptance of this entry, I the undersigned, intending to be legally bound hereby, for myself, my heirs, executors, administrators and personal representatives, hereby waive and release any and all rights and claims for damages, illness, injuries or losses which I have or which may accrue against me, all race officials, and all organizations conducting or involved in this event, including, but not limited to the YWCA of Greater Harrisburg, respective officers, directors, employees, representatives, successors, assigns and sponsors, that may result from my participation in this event. Further, I hereby grant full permission to the aforementioned persons and organizations to use my name and/or picture in any newspaper, photograph, video tape, motion picture, or any other account of this event for any purpose whatsoever.

Today's Date \_\_\_\_\_ Date of Birth \_\_\_\_\_

Signature \_\_\_\_\_

Parent signature required if entrant is under age 18.

Name \_\_\_\_\_

Street Address \_\_\_\_\_

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

E-mail Address (for use only to distribute race and related information)

Yes! I want to participate.  M  F

Runner  Walker

**PRE-REGISTERED (before April 16)** Individual \$23

**April 17 - 25** Individual \$25

Children 12 years of age and under \$10

Team Sponsor or Name \_\_\_\_\_

**(Team entries must be received by April 16)**

Free T-shirt:  S  M  L  XL  XXL  XXXL

**We can not guarantee that we will have your t-shirt size available on the day of the race.**

**RACE DAY ADULT REGISTRATION FEE IS \$25, children 12 and under \$10.**