

**ENTRY FORM (one per participant):**

*Please accept my entrance into the following race on November 19, 2011:*

5K Run     5K Walk

**\$30 for adults    \$15 for students**

**Make check payable to Lancaster Mennonite School and send completed entry form and check to:**

Iron Bridge Run  
Lancaster Mennonite School  
2176 Lincoln Highway East  
Lancaster, PA 17602

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

Gender:    Male     Female

Age on November 19, 2011: \_\_\_\_\_

T-shirt sizes:

Youth (cotton)    XS    S    M    L    XL

Adult Women (tech)    XS    S    M    L    XL

Adult Men (tech)    S    M    L    XL    XXL

**Release Form (mandatory):**

I know that there are risks and dangers involved in running in a cross country course. Knowing this, I hereby, for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue; and waive, release and discharge Lancaster Mennonite School from any and all claims of participation in this event. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen, known or unknown. The undersigned further grants full permission to Lancaster Mennonite School to use any photographs of this event for any purpose. Applications for minors will be accepted only with a parent's/ guardian's signature. No refunds — fee will be considered a donation to Lancaster Mennonite School.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/guardian signature (if under 18 years of age) \_\_\_\_\_ Date \_\_\_\_\_

Non-Profit  
U.S. Postage  
PAID  
Smoketown, PA  
Permit No. 22

**LANCASTER MENNONITE SCHOOL**  
2176 Lincoln Highway East  
Lancaster, PA 17602



**Register by Nov. 4  
for a free T-shirt!**



*6th Annual*  
**IRON BRIDGE**  
**5K RUN/WALK**  
**SATURDAY, NOVEMBER 19, 2011**

**LANCASTER MENNONITE SCHOOL**  
2176 Lincoln Highway East, Lancaster

*Proceeds benefit the  
LMS track and field facilities*

## IRON BRIDGE 5K RUN/WALK Saturday, November 19, 2011

Lancaster Campus of  
Lancaster Mennonite School

### Schedule of Events

Check in and/or Registration .....	8-9:15 a.m.
Race .....	9:30 a.m.
Awards Ceremony .....	10:30 a.m.

### Fees

#### Pre-registration (register by Nov. 4 for free T-shirt):

Adults.....	\$30.00
Students.....	\$15.00

#### Day of the race:

Adults.....	\$35.00
Students.....	\$20.00

### Registration

- Register online at [www.ironbridgerun.org](http://www.ironbridgerun.org) or by mailing the entry form included on this brochure.
- All race registrants who register by November 4 are guaranteed a free T-shirt.
- On-site registration will be available the day of the race from 8-9:15 a.m.
- All minors (under age 18) who register online must bring a signed release to registration on race day (see Release Form on race entry form).

### Awards and Prizes

- \$100 cash for the top male and female runners under 40
- \$100 cash for the top male and female runners 40 and over
- Medal awards will be given to the top three male and female finishers in each age group.

Age groups: under 15; 15-19, 20-29, 30-39, 40-49, 50-59, 60 & over.

### THE COURSE

The race will be held on the Lancaster Campus's wooded cross country course that includes the beautiful Mill Creek and a historic 1890 iron bridge. The 5K walk is a non-competitive race.



**RACE UPDATES and COURSE MAP:**  
[www.ironbridgerun.org](http://www.ironbridgerun.org)

**If questions:** Contact Matt Weaver at  
[weaverm@lancastermennonite.org](mailto:weaverm@lancastermennonite.org)  
or (717) 299-0436, ext. 706.

You are invited to attend our other FALL  
FESTIVAL & HOMECOMING activities!

### Friday, November 18

- Hess's famous barbecue: 2:30-8 p.m.
- High school drama, *Up the Down Staircase*, 7:30 p.m.

### Saturday, November 19

- Country Breakfast, 8:30-11:30 a.m.
- 3v3 Basketball Tournament, 8:30 a.m.
- Cruizin' Car Show, 11 a.m.-4 p.m.
- Benefit Dinner & Auction, 5 p.m.  
Reservations required. Contact Deb Sprunger  
at [sprungerdl@lancastermennonite.org](mailto:sprungerdl@lancastermennonite.org) or  
(717) 299-0436, ext. 701.
- High school drama, *Up the Down Staircase*, 7:30 p.m.

For more information, go to [www.lancastermennonite.org](http://www.lancastermennonite.org).



### RACE SPONSORS

Weaver, Reckner, Reinhart Associates  
Conestoga Oral & Maxillofacial Surgery  
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