

# York White Rose Run

## Five Mile Running Event

September 17, 2016 ~ 8:30 am ~ White Rose Bar & Grill ~ York, PA

[www.YorkWhiteRoseRun.com](http://www.YorkWhiteRoseRun.com)



## Starting & Finishing at White Rose Bar & Grill

PACKET PICKUP, REGISTRATION, AND THE RACE will be hosted at the White Rose Bar & Grill

**Friday, September 16<sup>th</sup> from 5:00pm to 8:00pm:** Packet pickup, registration, and a special York White Rose Run pasta menu will be available for pre-race carb loading!

**Saturday, September 17<sup>th</sup> at 7:00am:** Race activities commence at White Rose Bar & Grill. Immediately following the race White Rose Bar & Grill will host a festival style **POST RACE PARTY!** Our race course finishes on Beaver Street which means finishers will race right into York's best post race party. Groove to live music with food and drink specials for race participants and supporters!

**WHITE ROSE**  
BAR & GRILL  
48 N. Beaver Street, York, PA



**Big Brothers Big Sisters**

## Community Focused

The York White Rose Run is proud to support **Big Brothers Big Sisters of York & Adams Counties** – an organization committed to helping empower at-risk youth to make responsible life choices through professionally supervised mentoring relationships with adult and student volunteer role models.

**Our goal is to donate the funds required for continued support of the a SMART program established by the York White Rose Run.** SMART stands for Students and Mentors Achieving Results Together. The high school or college mentors in the program help their Littles by being a positive role-model and friend.



## The WellSpan Health Running Series...

The York White Rose Run is proud to be a sponsored participant of the WellSpan HealthRunning Series. The Series provides a great opportunity for both new and experienced runners to participate in a running series that promotes physical exercise through spirited competition.



## The Region's Oldest Running Event

The first York White Rose Run was held in 1977 and has been run on the streets of York City for 39 consecutive years. The race has drawn as many as 600+ runners and has been known to attract a field of elite runners from the local and regional areas including Philadelphia, Baltimore, and New York.



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### Register Now!



There are three easy ways to register for the York White Rose Run:

1. Online Registration at [www.yorkwhiteroserun.com](http://www.yorkwhiteroserun.com)
2. Complete the entry form below and mail in with your check
3. Race Day Registration : 7:00 am to 8:15 am at White Rose Bar & Grill

Register early! Shirts are not guaranteed for race day registrants.

### Team Challenge

Compete as a team with your friends, family, fellow students, or coworkers! The five person team challenge adds another level of fun and competition to the York White Rose Run. No additional fees apply. Simply register as a team online or by entering your team name on the form below. XC style scoring will determine which team takes home the **HUGE TRAVELLING TROPHY**. Every year, the winning team's name is engraved on the trophy. Go down in history!

### Prizes!

- PRIZE MONEY:** Top five male and female finishers \$250, \$200, \$150, \$100, \$50  
**AWARDS** will be given to the top finishers in each age group  
**TEAM CHALLENGE:** Top team claims the travelling trophy for a year!  
**MASTERS AWARDS:** Top two male and female finishers forty and over  
**COSTUME AWARDS:** Prizes for the three best costumed participants  
**STROLLER DIVISION:** First male/female runner/rider takes home THE MUG.

### Race Day Schedule

- 7:00 am Race day registration opens
- 8:15 am Registration Closes. Singing of the National Anthem
- 8:20 am Move to start line!
- 8:30 am Race start
- 10:00 am Award ceremony
- 10:30 am Post race party at White Rose Bar & Grill

### Please Support Our Generous Sponsors...



### Entry Form ::

Please make checks payable and mail to: York White Rose Run, 1480 Huntley Court, York, PA 17408

First Name :: Last Name :: Date of Birth ::

Email address :: Sex :: M / F

Phone Number :: City :: State ::

|  | No Shirt | With Shirt | Shirt Size   |
|--|----------|------------|--------------|
| Youth Registration :: 19 years and under | \$15     | \$25       | S M L XL XXL |
| Advance Registration :: Before 8/31      | \$20     | \$30       | S M L XL XXL |
| Registration :: After 8/31               | \$25     | \$35       | S M L XL XXL |

(Optional) Team Name ::

Signature ::

Co-Signature ::

(Parent / Guardian must co-sign if entrant is less than 18 years of age)

I know that running the York White Rose Run 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 risks associated with running the event including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity and cold or slippery conditions of the race course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the York White Rose Run, its sponsors, directors, volunteers, the City of York, White Rose Bar & Grill, PADOT, USA Track & Field, Inc., and all their representatives and successors from all claims and liabilities of any kind arising from my participation in this event.