

# 23<sup>rd</sup> Annual



## Polar Bear Run

### Sponsored by:

Northern York County High School  
Cross-Country Booster Club

### Course Description:

A 5,000 meter course through the gently sloping streets of Dillsburg, over parts of the High School Cross-Country course, through a tunnel, finishing at the High School Stadium.

### Race Categories & Awards:

OVERALL MALE & FEMALE

MALE & FEMALE MASTERS (over 40)

#### Male & Female

14 & Under	40 - 49
15 - 19	50 - 59
20 - 29	60 - 69
30 - 39	70 & Over

First Place Finishers in each category receive a custom made Stoneware Cup suitable for Display. 2<sup>nd</sup> & 3<sup>rd</sup> Place finishers receive gloves and head bands.

### All Pre-Registered Entrants Receive:

- Custom designed Long Sleeve T-shirt
- Post-Race Raffle
- Prompt Race Results & Awards Ceremony

Race Results: online @ polarbear5k.com  
Additional registration forms on line

### Entry Fees:

Pre-registered before Oct. 17     \$ 25.00

Race Day     \$30.00

### Make Checks Payable to:

Northern High School XC Booster Club

### Entry Info:

- Complete entry form
- Indicate sex and age group
- Read and sign waiver at the bottom of the entry form
- Enclose a check for the total entry fee
- Mail to:

Polar Bear Run  
Northern High School  
653 S. Baltimore Street  
Dillsburg, PA 17019

Race Day Registration Starts at 7:30 a.m.

### Questions ???

Call (717)579-6804 or (717) 697-8827  
or email skial@aol.com

### Directions:

From Harrisburg and North: Route 15 to Golf Course Rd, left to Route 74 south, right to H.S.

From Gettysburg and South: Route 15 north to Dillsburg, right on to Golf Course Rd , right on Route 74, south to Northern York H.S.

## ENTRY FORM 23<sup>rd</sup> ANNUAL POLAR BEAR RUN OCTOBER 19, 2019 9:00 a.m.

Name: \_\_\_\_\_ Age \_\_\_\_\_

Street: \_\_\_\_\_ Apt. No. \_\_\_\_\_

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

Zip Code: \_\_\_\_\_ Phone: \_\_\_\_\_

T-Shirt Size: S M L XL

### Age Group (check one)

MALE      FEMALE

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> 14 & Under | <input type="checkbox"/> 14 & Under |
| <input type="checkbox"/> 15 - 19    | <input type="checkbox"/> 15 - 19    |
| <input type="checkbox"/> 20 - 29    | <input type="checkbox"/> 20 - 29    |
| <input type="checkbox"/> 30 - 39    | <input type="checkbox"/> 30 - 39    |
| <input type="checkbox"/> 40 - 49    | <input type="checkbox"/> 40 - 49    |
| <input type="checkbox"/> 50 - 59    | <input type="checkbox"/> 50 - 59    |
| <input type="checkbox"/> 60 - 69    | <input type="checkbox"/> 60 - 69    |
| <input type="checkbox"/> 70 & Over  | <input type="checkbox"/> 70 & Over  |

### Read and Sign

Waiver: *In consideration of this entry to the Polar Bear Run, I hereby waive all claims for myself, my heirs, and assigns against the sponsors, cooperating and coordinating groups and any individuals associated with the event and will hold them harmless for any and all injuries which may result from my participation.*

*I further hereby give my permission to the Media to use my name and/or picture in any newspaper, broadcast, telecast, or any other account of this event, without limitation and without obligation to anyone to compensate me therefore.*

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

If Under 18: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature

**Dillsburg, PA 17019**

**Street**

**653 S. Baltimore**

**School**

**Northern York High**

**POLAR BEAR RUN**

*The Northern York County High School  
Cross-Country Booster Club thanks its  
sponsors and all who contributed to the success  
of the 22<sup>nd</sup> Annual Polar Bear Run.*

# **23<sup>rd</sup> Annual Polar Bear Run**

## **5K**

**Saturday, October 19, 2019**

**9:00 A.M.**

**Dillsburg, Pennsylvania**