

29th 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. 2nd & 3rd Place finishers receive Polar Bear 5K prizes.

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:

Registration, prior to October 15th \$ 35.00

Race Day \$40.00

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 ???

Email Dave Ramsey dramsey@northernnyork.org

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
29th ANNUAL POLAR BEAR RUN
OCTOBER 18, 2025
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