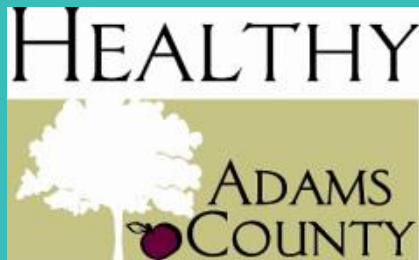


PROJECT HOPE'S MENTOR MOVEMENT 5K

In an effort to introduce our community to Project Hope and its "movement," we've partnered with Healthy Adams County to bring the first-ever Mentor MOVEment 5k to life!



Healthy Adams County seeks to create a higher quality of life throughout our community by improving physical, mental, and social well-being. Working together for the community's health, Healthy Adams County has the generous support of more than 600 members serving on a variety of committees and task forces. The members have the opportunity to address a variety of critical quality of life issues.

www.healthyadamscounty.org

IF NOT YOU, THEN WHO?

Project Hope is a mentoring program through Adams County Children & Youth Services that strives to match youth currently or formerly in foster care, as well as, others in need and in a child serving system in our community, ages 13-21, with a positive, caring adult to coach them in daily living activities, be a listening ear, introduce them to new opportunities, empower them to make responsible decisions, and spend time pursuing activities of shared interest.

Project Hope depends on volunteers from the community to become mentors for our young people in need. Mentors are recruited, trained, and supported throughout their match with Project Hope.



FACEBOOK

www.facebook.com/projecthopementoring

Search "Mentor MOVEment 5k" in events!

Sponsored by
Healthy Adams County

MENTOR MOVEMENT

5K RUN and WALK

JULY 20, 2019

FOLLOW OUR MOVEMENT
ON FACEBOOK!
@PROJECTHOPEMENTORING



Saturday, July 20, 2019

REGISTRATION

\$25 per individual by June 1st
\$30 June 1st – July 15th
\$35 Race Day Registration
\$15 Children 12 & Under

SCHEDULE

FRIDAY, JULY 19TH

PACKET PICK-UP 4-7:00PM
ADAMS CO. AG & NATURAL RESOURCE BLDG
670 OLD HARRISBURG RD, GETTYSBURG

SATURDAY, JULY 20TH

CHECK-IN/REGISTRATION 6-7:30AM
RACE START 8:00AM
AWARDS CEREMONY 9:30AM

AWARDS

1st, 2nd, & 3rd Place - Overall Male & Female
1st, 2nd, & 3rd Place -
Overall Male & Female Youth Ages 13-18

OFFICIATING

York Road Runners Club, event timekeeping.

CONTACT

Tessa Adams, Project Hope
projecthope@adamscounty.us
www.facebook.com/projecthopementoring

Betsy Meyer, Physical Fitness Task Force,
Healthy Adams County, 717-337-4137

LOCATION

Gettysburg Area
Recreation Park
545 Long Lane, Gettysburg, PA
Start: Sterner Building, Parking Lot

COURSE

A 5k measured loop with markers, aid, & water.



Mail entry form & check to:
Project Hope
525 Boyds School Rd. Suite 100
Gettysburg, PA 17325
Please make checks payable to the
ACCYS Advisory Board

ENTRY FORM

Complete this form or register at:

www.runsignup.com/race/pa/gettysburg/mentormovement5k

Please complete all fields.

First & Last Name

Address City State Zip

Phone

Email

Emergency Contact Name & Phone Number

Registration Information required for Race Divisions

DOB: ___/___/___ Age: _____

Sex (Circle One): M F

Shirt Size (Unisex – Circle One)

XS S M L XL 2XL

Release: I hereby release and discharge from liability the Project Hope Mentor Movement 5k sponsored by Healthy Adams County, Project Hope, the borough of Gettysburg, Gettysburg Area Recreation Park and its representatives, sponsors, successors, and assigns of any and all injuries suffered by me in said event, however incurred and sustained. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. Further, I hereby grant full permission to any and all of the foregoing to use any photography, videotape, motion picture, recording or any other record of this event for any purpose whatsoever. I hereby certify that I have read and fully understand this release and that I agree to all of the aforesaid terms, understanding this release constitutes a legally binding agreement.

Signature

Date