



JOIN US FOR 3.21 MILES ON SUN., OCT. 6, 2019 – 9 A.M.

This one's for the girls!

Whether you're a seasoned athlete, a novice runner or a couch potato who wants to change her ways, the Her Times 5K Run/Walk is a safe place to stretch your legs, find your wings and accomplish your personal fitness goals with the support and encouragement of a couple hundred women just like you. Too often, it seems, women are trailing behind men. The Her Times 5K, an Erie Runners Club event, gives women the rare opportunity to be the front runners, to lead the pack and cross the finish line first. For beginning runners and walkers, this race will offer you a safe place to challenge yourself without the self-consciousness and self-doubt that creeps in when men are toeing the line next to you. Regardless of your age or ability, we hope you'll join us and revel in the immense empowerment of a women's 5K!

Erie Times-News



Erie Runners Club



DETAILS, DETAILS

Race date: SUN., OCTOBER 6, 2019

Time: 9 a.m. - race will be held rain or shine, hail or snow.

Location: Presque Isle State Park's Rotary Pavilion (between beaches 6 & 8)

Parking: Beach 8 or the Cookhouse. There will be absolutely NO parking at Rotary. Please be sure your email address is correct when you sign up to get last minute race instructions and a code for packet pickup!

REGISTRATION/T-SHIRTS

The entry fee for the 5K is \$17 (\$20 after 9/20). This price includes a women's race t-shirt (shirts run small, so order a size up if you want it looser). Register online at bigwhitetrailer.com/register. There is NO additional cost to register online!

Day-of-race registration on race morning at Rotary Pavilion from 6:30 to 7:30 a.m. Please note that T-shirts will not be available for late/day-of-race entries. You must pre-register by **9/20** to get a shirt. We will no longer order extra shirts for late entries.

THE COURSE

The course is a 3.21-mile loop from Rotary Pavilion at Presque Isle State Park (between beaches 6 & 8).

RESULTS

Results will be done by Big White Trailer Timing and posted shortly after the race. Awards will be distributed at an awards table when results are complete. Results will be posted at bigwhitetrailer.com, erierunners.club and HT5K.wordpress.com.

AWARDS

The top three women overall and the top three women in each of the following age groups in the 5K will receive awards. The age groups are: 8 & under, 9-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-70, 70-74, 75-79, and 80+. There will be no duplication of awards.

RUN OR WALK...YOUR CHOICE

There will be no official walk division or walk awards, entrants may run, walk or do a little of both. Run/walking is how we all learn to run and we don't want those who sign up for the walk to feel they can't run if they get caught up in the momentum and want to try.

REGISTRATION FORM

Online registration at **NO ADDITIONAL COST** is available at www.bigwhitetrailer.com/register/

Each participant — including kids — **must complete a separate entry form. Make check payable to Erie Runners Club, and mail with entry form(s) by Fri., Sept. 21 to: Her Times 5K, 8251 Morehouse Rd., Erie PA 16509.**

Name: _____

Street Address: _____

City/State/Zip: _____

Birth Date: _____ Age on Race Day: _____

Phone: _____ E-mail: _____

Please provide email address to get last-minute parking instructions and a code for packet pickup!

Event Entering: (Circle One) 5K RUN/WALK KIDS RUN

5K Shirt Size: (Circle One) no shirt S M L XL XXL (Add \$2)

(NOTE....Shirts of women's cut and they run a little small! Order a size up if you want it loose)

Registration Fee:

Must register by 9/21 to be guaranteed a shirt on race day.

	Before 9/21	After 9/21
Women's 5K	\$17.....	\$20
Kids race	FREE	\$5

- Don't want a 5K shirt? Deduct \$5 from entry fee.
- There is a family discount for mothers & daughters sharing a household, but you must email: hertimes5K@aol.com for info.

Release and Waiver

In consideration of accepting this entry, I, the undersigned, intending to be legally bound for myself, my heirs, personal representatives, successors and assigns, waive and release any and all claims for losses and damages I may have against the Erie Runners Club, the Erie Times-News and the city of Erie, their representatives, successors and assigns and/or any other person whomsoever for any and all injuries that may result from this event, that I (my son/daughter) am (is) physically fit and have sufficiently trained for the completion of this event. I also understand and agree that any sponsor may subsequently use for publication and/or promotional purposes my name and/or picture and/or results of me participating in this event without any obligation or liability to me.

Signature: _____ Date: _____

(If under 18 years of age, signature of legal guardian is required)



Like "Her Times 5K" on Facebook!



Race updates, encouragement and information can be found at www.HT5K.wordpress.com

PRE-RACE PACKET PICK-UP

Early packet pickup will be held on **FRIDAY, Oct. 4, from 4-6 p.m.** at Junker Center at Penn State Behrend in Harborcreek. Enter the main entrance for the college (off the Bayfront Connector) and turn left onto Old Station Road to get to Junker. There will be signs posted. These are the only times you'll be able to pick up at Behrend (they're just letting us the facility).

You can pick up for others. If you are picking up for a large group, PLEASE email hertime5K@aol.com by Wednesday, Oct. 2 and we'll try to have them set aside for you!

*** Be sure your email address is correct when you sign up to get last minute race instructions and a code for packet pickup!

KIDS CAN RACE, TOO!

There are kids races (boys & girls) after the women's 5K (about 10 a.m.). These are not competitive races and there will be no awards, but each child will receive a finisher's prize. Kid race divisions will be as follows: 1 mile, 1/2 mile, 1/4 mile and a toddler trot. (Child can run any distance they want.) Entry into the kid races are FREE as long as you pre-register. After 9/20, there will be \$5 per child fee. **Please fill out a separate entry form for each child.** There are NO shirts for kids' races.

A NOTE ABOUT BABYSITTING

Please note that we are no longer offering free babysitting at the HT5K. The park has instituted some fees for events at the peninsula that have forced us to cut some of the race expenses.

RACE PROCEEDS

Proceeds from this year's race will benefit the Girl Scouts Western Pennsylvania — an organization committed to helping girls grow into strong women, inside and out.

KEEP IN TOUCH

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