

# York White Rose Run

## Five Mile Running Event

September 28, 2019 ~ 8:00 am ~ White Rose Bar & Grill ~ York, PA

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



## Starting & Finishing at White Rose Bar & Grill

**PACKET PICKUP, REGISTRATION, AND THE RACE** will be hosted at the White Rose Bar & Grill, 48 N. Beaver St, (Downtown) York, PA

**Friday, September 27<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 28<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!

## Community Focused

The York White Rose Run is proud to support the York Chapter of Not One More, Inc, a nonprofit organization that was formed in 2015 for the purpose of providing awareness, education, and support to those affected by drug abuse and addiction. The organization is a 501(c)(3) non-profit, purely charitable organization. EIN is 47-2472286.

Not One More Overdose  
Not One More Lost Spirit  
Not One More Grieving Heart

## The York Road Runners Club

Our running club, established in 1976, proudly organizes the York White Rose Run. It is put on by runners for runners and is geared to participants of all abilities and experience levels. It has much to offer, from a special course that runs through York City, to a great tech shirt for those who choose to purchase it, to a post-race party complete with great food, beer, and a band.

## The Region's Oldest Running Event

The first York White Rose Run was held in 1977. The event has been run on the streets of York City for 41 years. It has drawn as many as 800 runners and has been known to attract a field of elite runners from the local and regional areas and from around the world, including Olympic Games participants from eleven different countries. This event is sanctioned by the USATF.

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

**Not One More**  
overdose • lost spirit • grieving heart  
York Chapter





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### Register Now!

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

1. **Online Registration** at [runsignup.com/yorkwhiteroserun](http://runsignup.com/yorkwhiteroserun)
2. Complete the entry form below and mail in with your check
3. Race Day Registration : 6:30 am to 7:45 am at White Rose Bar & Grill

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

### Prizes!

Top five male and female finishers will receive \$250, \$200, \$150, \$100, & \$50.

Top two male and female finishers age 40 and over will receive \$75 and \$50.

(Double dipping for masters who also finish in the top five)

Awards will be given to the top three finishers in each age group.

Team Challenge: Compete as a team of five or more. Win a traveling trophy and free entry into next year's race for the five scoring runners of the winning team.

Stroller Division: Two prizes! First male & female runner/rider/stroller take home **THE MUG**.

### 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 TRAVELING TROPHY**. Every year, the winning team's name is engraved on the trophy. Go down in history!

### Race Day Schedule

6:30 am	Race day registration opens
7:45 am	Registration Closes.
7:50 am	Move to start line!
8:00 am	Race start
9:45 am	Award ceremony
9:00 am	Post race party at White Rose Bar & Grill
9:30 am	Course closes

### Please Support Our Generous Sponsors...



### Entry Form ::

Make checks payable to: York Road Runners Club  
P. O. Box 2841, York, PA 17405

First Name :: Last Name :: Date of Birth :: Sex :: M / F

Street Address :: City and State :: Zipcode ::

Email :: :Phone Number:

	Shirt styles are gender-specific		
	No Shirt	With Shirt	
Youth Registration :: 19 years and under	\$20	\$30	S M L XL XXL
Advance Registration :: Before 9/13	\$25	\$35	S M L XL XXL
Registration :: After 9/13	\$30	\$40	S M L XL XXL

Signature ::

Co-Signature ::

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

I know that running [volunteering for] a road race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity and cold and/or ice, traffic, and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles (only official bicycles are permitted), skateboards, roller skates/roller blades, and animals are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the York Road Runners Club, the White Rose Run, the city of York, Pennsylvania, the USOC, USA Track and Field, Inc and its associations and committees, all event sponsors and charities, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is cancelled before or during the event.