

GRAND PRIZE RANDOM AWARD



NEWPORT HOSPITALITY
GROUP, INC.
Williamsburg, VA

We have secured a nice random drawing door prize for the 2004 Bon-Ton 5 Mile Race, must be 21 and older to win. It's a getaway weekend to Bush Gardens/Water Country in Williamsburg, VA, including lodging and park passes. Transportation is not included. It's good for a family of 4, from the Busch Entertainment Group. **Runners must be present and must have their race number to claim the door prize. No prize substitution.**

RUNNER'S AID



Martin Heel Pain
Treatment Center

1.888.757.3537
www.heelpaincure.com

2003 East Market Street, York, PA 17402

R. Craig Martin, DPM, FACFS • Rick F. Martin, DPM, FACFS
Dan A. Meisenhelder, DPM, FACFS • Heather R. Ramsey, DPM
Jeffrey A. Dunkerley, DPM

CONTRIBUTING SPONSORS



Big Apple
Bagel

Culligan



REAN
printing company, inc.



YORK NEWSPAPER COMPANY



SPRINGETTSBURY
Township



Robbins Marketing Communications

REFRESHMENTS

Post-race refreshments will be provided by Turkey Hill, Big Apple Bagel, Culligan Water, Utz, Stauffer Biscuit and Michelob Ultra.

SPONSORS

Please thank our sponsors for their generosity. We ask that you patronize their businesses whenever possible. Without their support, the Bon-Ton 5 Mile Race could not continue.

Bon-Ton 5 Mile Race
26th Annual Running
Sunday, July 25, 2004

The Bon-Ton Department Stores
2801 E. Market Street
York, PA 17402

THE BON-TON

26th Annual
RUNNING

5 Mile Race

July 25, 2004

8:00 A.M.

1 Mile Fun-Run at 7:30 A.M.

York Galleria Mall
York, Pennsylvania

Co-Sponsors:



Place
Stamp
Here

THE COURSE



The race begins at the York Galleria Mall in East York, Pennsylvania. The course is a rolling hill out and back loop and finishes in front of The Bon Ton North Entrance lower level.

USATF certification No. Pending
All miles are marked and splits will be provided at each mile. Water is available at the mid-point and end of the race. Post-race refreshments available immediately when you finish.

1 Mile Fun Run:

Accurately measured, open to everyone. No age limits. An easy loop course around the York Galleria Mall. \$2 entry fee or \$10 with an official race T-shirt. Children 10 and under free (\$8 with shirt).

5 Mile Race:

Entry fees are non-refundable. Make checks payable to **York Road Runners Club by July 10, 2004:** \$15 with T-shirt, \$10 without T-shirt. After July 10, 2004: \$20 with T-Shirt, \$15 without T-shirt.

Race packets available Saturday, July 24, 2004 from 4:00 p.m. to 6:00 p.m. at The Bon Ton Men's Department, York Galleria Mall and Race Day morning from 6:30 a.m. to 7:45 a.m.

Race day registrants are not guaranteed a T-shirt.

RESULTS

Complete results will be posted on York Road Runners Club website www.starinc.com/yrrc. Results also available at www.yorkroadraces.com

AGE GROUP AWARDS

AWARDS CEREMONY WILL TAKE PLACE AT 10:00 A.M.

5 Mile Awards:

Awards to the top three finishers – Men and Women

Master's Awards:

Master's Awards given to the top two runners age 40 and over – Men and Women

Age Group Awards:

Age Group Awards given in the following groups excluding top 3 men and women:

MEN & WOMEN: 11 & Under (1), 12–15 (3), 16–19 (3), 20–24 (3), 25–29 (3), 30–34 (3), 35–39 (3), 40–44 (3), 45–49 (3), 50–54 (3); 55–59 (3), 60–64 (3), 65–69 (2), 70–79 (2), 80+ (1)

Random Awards:

A random awards drawing will be conducted after the race (approximately 9:30 a.m.). Runners must be present and must have their race number to claim random awards.

PARKING

Free parking is available at the York Galleria Mall.

RACE DIRECTORS

Race Director:
Robert Weikert
717-891-7985
rsbj24@suscom.net

Executive Director:
Jan Workinger
717-840-1802
res0ye9i@verizon.net

For every entrant of the
**5 Mile Race and
1 Mile Fun Run,**

THE BON·TON

will donate \$1.00 to
**The American Heart
Association.**

5 Mile Race
26th Annual
Sunday July 25th, 2004



THE BON·TON

ENTRY FORM FOR 2004 BON-TON RACE/FUN-RUN

Mail this form and make checks payable to: **York Road Runners Club, 3744 Long Point Drive, York, PA 17402**

In consideration of this entry being accepted, I hereby for myself, heirs, executors, and administrators waive and release any claims, including death, against the Bon-Ton Stores, its officers, sponsors, The York Galleria, Brewery Products, The York Galleria Runners, and Springettsbury Township. I realize that running a race in hot and humid conditions could prove hazardous to my health. I certify that I am physically fit for this event. The Race Director reserves the right to reject any entry.

Signature _____ Date _____

First Name _____ Last Name _____ Age on Race Day _____

Address _____

City _____ State _____ Zip _____ Sex M/F _____

Telephone _____ Birth Date _____

REGISTRATION INFO

Check the following:

1 Mile Fun-Run \$ _____

5 Mile Race \$ _____

Circle Shirt Size:

S M L XL None

Official Use Only
Number _____ Class _____