



# LANCASTER COUNTRY DAY SCHOOL

The Eighteenth Running of the LCDS

## Race for Home

5K female-male partners race

*All money collected goes directly to:  
Lancaster Area Habitat for Humanity*

Saturday, September 29, 2018

11:00 a.m.

LCDS Upper School Athletic Fields



A 3.1-mile cross-country race on a flat course, for female-male partner teams (each person runs 1.55 miles) or a 1.0 mile walk for those who choose not to run but still want to be a part of the event.



## The Details

**The Race for Home is at 11:00 a.m. on Saturday, September 29, 2018.** Walkers don't need to have a partner. The walkers' course will be one abbreviated lap around the LCDS athletic fields... feel free to further abbreviate the walk if you want to! Bring your family, get some exercise and help a good cause.... **Lancaster Area Habitat for Humanity.**

If you opt to run the race as a competitive team, please be aware of the following rules:

- Each member of the 2-person team runs half of a 5 K course (1.55 miles per runner). Females run the first 1.55 miles, the males run the second 1.55 miles. The female passes a Popsicle stick to the male partner after her portion of the race is completed.
- The course will be clearly marked with flags.
- Each team must be comprised of **one female and one male**: *for example*, \* fathers-daughters \* mothers-sons \* sisters-brothers \* teachers-students \* grandparents-grandkids \* pals \*, etc.... You might be able to find a partner at the race, if you were unable to find one yourself.
- Race starts at **11:00 a.m.** Immediately after the start of the run, the walkers will head out for their jaunt.
- ***Park on the LCDS parking lots. Do not park on nearby streets.*** Congregate at the LCDS athletic fields by 10:40 a.m. Race-day registration is from 10:00 – 10:40 a.m. at the field area. We GREATLY prefer pre-race day registration so that we can get the race started as quickly and easily as possible. See the "Official Registration Form" below for the details of pre-race day registration.
- If it's raining very hard, we'll do pre-race registration in the LCDS gymnasium and by 10:40 we'll head to the fields as a wet group. If weather is utterly horrible on Saturday morning, feel free to call race coordinator Rob Umble at (717) 203-4124 to see if the race is still on. We will run in rain, but a thunderstorm would necessitate cancellation.

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### *Official Registration Form*

To allow us to get the race started as quickly and easily as possible and to have a good idea how many participants we will have for the race, we ask all participants to pre-register for the race. While we will accept race-day registration at the athletic fields from 10:00 a.m. – 10:40 a.m., we ask everyone to pre-register. The cost for mail-in registration is only \$10 per person, so if you find you are unable to attend the race your out-of-pocket loss is minimal. ***Cost of race is \$10 per runner via mail-in registration received by September 28th, or \$10 on the day of the race. Make checks payable to LCDS and enclose the check with your registration form. Send mail-in registration to: LCDS, c/o Rob Umble/ 725 Hamilton Road/ Lancaster, PA 17603.*** All money collected goes directly to Lancaster Area Habitat for Humanity. We do not award t-shirts or prizes (except that the winning team has their names engraved on our commemorative plaque), just a fun time and an easy opportunity to support a great cause, the Lancaster Chapter of Habitat for Humanity. **Direct all questions to Rob Umble at [umbler@e-lclds.org](mailto:umbler@e-lclds.org) or (717) 203-4124 (C).**

#### ***Registration for Runners:***

\_\_\_\_\_  
*Print Name of Female Runner*

\_\_\_\_\_  
*Phone Number of Female Runner*

\_\_\_\_\_  
*Print Name of Male Runner*

\_\_\_\_\_  
*Phone Number of Male Runner*

#### ***Walker Registration:***

\_\_\_\_\_  
*Name(s) of Walker(s)*

\_\_\_\_\_  
*Phone Number of Walker(s)*

**Additional entry forms can be found at [www.lancastercountryday.org](http://www.lancastercountryday.org)**