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West Shore Bureau of Fire

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West Shore Bureau of Fire

1st Annual Capitol View 5k, Dalmatian Dash Fun Run/Walk, and Block Party



Saturday, June 1, 2013
Negley Park
Lemoyne, PA

10:00am Capitol View 5K
10:15am Dalmatian Dash

5k.wsbf.org





Schedule of Events

Capitol View 5K Race—10am

The 5K race will begin and end in Negley Park, Lemoyne. The wheel measured road race follows city streets and offers an excellent view of the Harrisburg city skyline. The course will be marked and volunteers will be available at multiple locations with water.



A map of the race route is available on the race website 5k.wsbf.org Some streets are going to be closed to traffic and others will have controlled traffic.

Prizes will be awarded in a number of age categories. There is also a prize for the first EMT/Firefighter/Police Officer to finish the race.

Dalmatian Dash Fun Run/Walk—10:15am



Are you looking for a family friendly walk or short race? If so, participate in the Dalmatian Dash Fun Run/Walk. This one mile run/walk will follow closed streets and park paths with great views of the city.

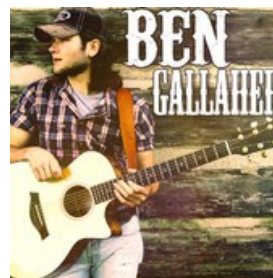
All participants in the 5k race and Fun/Run will receive a ticket for lunch. At the Block Party following the race

Block Party – Starts at Noon

After the race is over it is time to relax and enjoy some good music. This portion of the event is open to the public, so invite your friends and neighbors! We have two performers scheduled and will have food and sodas available for purchase throughout the afternoon.

Ben Gallaher

Ben is a native of Camp Hill and a graduate from Cedar Cliff High School. Ben is currently a student at Belmont University in Nashville, TN majoring in entertainment industry studies. With a minor in music business, Ben's music is country with an edge and he brings fun and excitement to his performances.



Paul Cummings



Paul is a volunteer firefighter and country music singer from Rochester, NY. Paul is known for his "firefighter song" and successful 2012 American Firehouse Tour. Paul will be performing songs from his new album as well as selections from his previous album.



Proceeds Benefit the West Shore Bureau of Fire

Race Registration Form

Sign up for:	Time	Price
<input type="checkbox"/> Capitol View 5K Run	10:00	\$30.00
<input type="checkbox"/> Dalmatian Dash Fun Run/Walk	10:15	\$15.00
<input type="checkbox"/> Dalmatian Dash T-Shirt		\$10.00
	Subtotal:	_____
	Tax:	_____
<input type="checkbox"/> First Responder (Firefighter/EMT/Police)	Total:	_____

Full Name _____
 Address _____
 City/State/Zip Code _____
 E-mail _____
 Phone _____
 Male Female Age on Race Day _____

Shirt Size

Youth Small Youth Medium Youth Large
 Small Medium Large XL

Volunteers will be on hand the day of the event to direct you along the race route. Some streets will be open to traffic, but there will be controls in place to designate lanes for the race and traffic control in place to ensure safety during the event.

Registration Deadlines

Registrations for the race are due no later than May 24, 2013. Registrations can be sent by mail, faxed, or entered online at 5k.wsbf.org. For registrations after the deadline add \$5.

Please make all checks payable to

West Shore Bureau of Fire

Send Completed forms to:

West Shore Bureau of Fire

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Lemoyne, PA 17043

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E-mail: secretary13@wsbf.org

Register Online 5k.wsbf.org