

# REGISTRATION

You may also register online at [www.cchbg.org](http://www.cchbg.org)

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
 \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Email: \_\_\_\_\_

School: \_\_\_\_\_

Male  Female

Age (on race day 9/13/14) \_\_\_\_\_

T-Shirt Size (S, M, L, XL, XXL) \_\_\_\_\_

### Liability Waiver

I understand and accept that there are risks involved in participating in any recreational activity. I am aware of those risks, and I am voluntarily participating in this activity with knowledge of the risks involved. I agree to accept any and all such risks of injury, death and/or property damage. I agree to the terms of this waiver, release, covenant not to sue and indemnity agreement as set forth herein. In case of injury or illness, I give my consent to emergency transportation and the administration of first aid, medical and/or dental treatment. I accept responsibility for the payment of any emergency transportation, treatment expenses and any related or subsequent medical and/or dental bills. I acknowledge that Catholic Charities and the Diocese of Harrisburg (CC&DH) have not purchased and do not provide any medical or accident insurance to cover such expenses. Any such insurance is my responsibility. I waive, release, absolve indemnify and agree to hold harmless CC&DH, its members, officers, directors, employees, volunteers, agents or any other representative against any and all causes of action, claims, demands, losses, expenses, ability. In addition, I understand that my conduct, if deemed inconsistent with the rules of good sportsmanship and fair play, or the Shelter Shuffle 5k Run Race Rules and Regulations may result in my expulsion from this and other programs. I agree that if registered as a runner, the CC & DH staff may audit runners' status at any time. Any photographs taken while participating in any program, recreational activity, or event are the property of CC & DH and may be used at their discretion.

Signature *(Parent or guardian if under 18 of age)* \_\_\_\_\_ Date \_\_\_\_\_

Enclosed is my non-refundable entry fee of:

\$15 (5K Runners & Walkers on or before 9/6/14)

\$20 (5K Runners & Walkers after 9/6/14)

Free registration for those collecting more than \$50 in sponsorships.

Please make checks payable to *Interfaith Shelter* and mail along with registration form to:

Catholic Charities  
 4800 Union Deposit Rd.  
 Harrisburg, PA 17111

*If unable to run/walk, please consider making a donation.*

For more information contact Chris Meehan at 717-657-4804 or [cmeehan@cchbg.org](mailto:cmeehan@cchbg.org)

**SATURDAY,  
 SEPTEMBER 13TH  
 Former State  
 Hospital Grounds**

**8 AM - Registration  
 (at Pavilion)**

**9 AM - Race Start**

**FEES  
 On or before 9/6/14  
 \$15  
 After 9/6/14  
 \$20**

**10TH ANNIVERSARY  
 COMMEMORATIVE  
 TIE DYE SHIRTS  
 guaranteed to all  
 pre-registered  
 participants**

**CASH PRIZES FOR  
 TOP OVERALL  
 MALE AND FEMALE  
 RUNNERS:  
 1<sup>st</sup> (\$100)  
 2<sup>nd</sup> (\$75)  
 3<sup>rd</sup> (\$50)**

**OTHER AWARDS TO  
 BE GIVEN FOR  
 RUNNERS BY  
 AGE CATEGORY**

**Individuals are  
 encouraged to raise  
 \$50 through  
 Sponsorships.**

**Sponsor donations  
 (cash or check) may be  
 brought to the run/  
 walk on the day of the  
 event.**

	Sponsor Name	Sponsor Address	Donation Amount	Check Amount	Cash Amount
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
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23					

Brochure printing courtesy of



The Interfaith Shelter for Homeless Families is the only emergency shelter in the greater Harrisburg area to assist homeless families of *all* ages and genders. Located at the Saint Samuel Center in Harrisburg, the program provides help and creates hope for families facing a homeless crisis. Since it opened in 1992, the shelter has helped more than 11,000 clients.



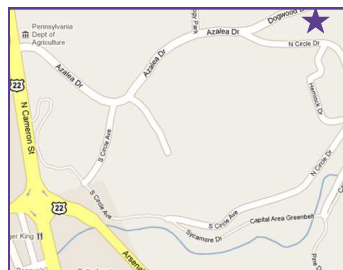
Last year, 393 clients (from 136 families) came through our shelter doors. With the current economic challenges facing us, the demand for our services continues to increase. Families are forced to stay in the program longer due to an inability to find steady employment, which only increases our resolve to help families find the homes they have been working so hard to locate.

As the need for this valuable program increases, our need for private financial support is critically important. Your participation in the Shelter Shuffle will enable us to continue our mission of providing help and creating help for those in need. Thank you!

Most Sincerely,

*Mark A. Totaro*

Mark A. Totaro, Ph.D.  
Executive Director/CEO  
Catholic Charities of the Diocese of Harrisburg



Exit I-81 to Cameron and continue south passing the Farm Show Complex – turn left onto Azalea Drive, left again at Dogwood – look for pavilion & signs

The Shelter Shuffle is a scenic course that circles the campus of the former State Hospital grounds. This exciting 5K Run/Walk rambles past beautiful historic buildings and through shaded, hilly vistas of expansive woodlands. Please join us for a family fun day and support a worthy cause.

NONPROFIT  
U.S. Postage  
PAID  
Harrisburg, PA  
Permit No. 107

Diocese of Harrisburg  
Office of Catholic Charities  
4800 Union Deposit Rd.  
Harrisburg, PA 17111



## 10TH ANNUAL 5K Run & Walk September 13, 2014

On the grounds of the  
Former State Hospital  
(Across from Farm Show Complex)

Registration 8:00 AM  
Race Start 9:00 AM

- ★ Cash Prizes for top runners
- ★ Awards for runners by age group
- ★ 10th Anniversary commemorative retro tie-dye T-Shirts for all pre-registrants
- ★ No loops on the course
- ★ Refreshments and door prizes
- ★ Strollers & pets welcome
- ★ Parking & restrooms available



*Honorary Race Starter:*  
**Valerie Pritchett**  
Anchor, ABC 27 WHTM

Sponsored by Catholic Charities to benefit the  
Interfaith Shelter for Homeless Families