

Road to Recovery 5K

(Or 1 mile run/walk)

NATIONAL REHAB WEEK



HEALTHSOUTH

Rehabilitation Hospital of Mechanicsburg

175 Lancaster Boulevard, Mechanicsburg, PA 17055
717-691-4834 / 717-691-3700

Healthsouthpa.com

Join us at HealthSouth Rehabilitation Hospital of Mechanicsburg for our Road to Recovery timed 5K/1 Mile fun Run/Walk to celebrate national Rehabilitation Week. There will be free race-day tips and screenings by HealthSouth therapists. All proceeds benefit the American Heart and Stroke Association.

September 26, 2015

Registration 7:30 AM

Race 8:30 AM

HealthSouth Rehab Hospital
175 Lancaster Blvd

Registration Fee

\$20 per 5K participant (include t-shirt)
Free 1 Mile fun run/walk
T-shirts can be purchased for \$10

Age Groups and Awards

0-14, 15-29, 30-45, 46-59, 60+
Gold, silver and bronze awards to top three finishers in each category (male and female)

Learn More

No bicycles, dogs, rollerblades or skateboards are allowed on the race course. If you have any question on this event, please feel free to call us at 717-691-4834.

Car Show

9:30 AM-12:30 PM

Come benefit from free health screenings and hospital tours.

Registration Form:

(Electronic: www.HealthsouthPA.com)

Name _____

Address _____

City, State, Zip _____

Phone _____

Email _____

Age on Race Day _____ Male Female

T-shirt Size

Adult Small Adult M

Adult Large Adult XL

Adult XXL

I would like to participate in the following:

5K (\$20 registration fee, t-shirt included)

1 Mile Fun Run/Walk (free, \$10 for t-shirt)

Amount Enclosed: \$ _____

(Make checks payable to American Heart Association. If registering electronically, bring payment race day)

Electronic registrations may be emailed to:

Jamie.Brandle@Healthsouth.com

Dennis.Mahaffey@Healthsouth.com

Send registration and payment to:

HealthSouth Rehab Hospital (Attn: Maria Stroh)
175 Lancaster Blvd, Mechanicsburg, PA 17055

In consideration for the acceptance of my entry into this race, I, the undersigned, on behalf of myself, my heirs, executors, administrators and assigns do hereby release and discharge HealthSouth Rehabilitation Hospital of Mechanicsburg, all event sponsor, the volunteer medical, radio and support staff, race organizers and their representatives, agents, employees, contractors, successors and all assigns of all the foregoing from any and all claims for damages, demands and causes of action arising from or out of my participation in the afore mention run.

I do attest and verify that I am physically fit, have sufficiently trained for competition in this event and that I understand the inherent dangers of distance running over public highways. By signing my name below, I hereby certify that I have read, understand and agree with all the terms and conditions of this release and do intend to be legally bound thereby. I hereby give my permission to HealthSouth Rehabilitation Hospital of Mechanicsburg and all event sponsors to use my name and or picture in any newspaper, broadcast, video telecast or any account of this event without limitation and without an obligation of any to compensate.

_____ Date: _____
Entrant Signature (Parent Guardian if under 18)