

Signature: _____

Expiration Date: _____

Number: _____

Please charge my credit card:
☐ Visa ☐ MasterCard ☐ Discover

Date of Birth: _____

Gender: M or F (Circle one)

Email: _____

Phone: _____

Address: _____

Name: _____

Any participants that would like to do:

☐ “One Moul” Walk

Able Bodied Team

☐ Duo (5K Run & 10K Bike Ride)

☐ 5K Run Only ☐ Duo (5K Run & 10K Bike Ride)

Able Bodied Individual

☐ Duo (5K Run & 10K Bike Ride)

Adaptive Wheel Team

☐ 5K Run Only ☐ Duo (5K Run & 10K Bike Ride)

Adaptive Wheel Individual

Sign me up for:

- **Register online** by visiting www.margaretemoul.org/events
- **Register day of the event** by completing the form below and your registration fee the day of the event. Day of event registration will open at 7 a.m. Please note day registration, shirt is not included and fee is more, so register early.
- **Complete the form** below and submit with your pre-registration fee by July 31, 2015 to receive a shirt.

Ways to Register

Registration



Saturday, August 8, 2015
7 a.m. to 12 p.m.
Central York High School



Benefiting the
Margaret E. Moul Home's
Dream Trip Scholarship Fund
for the residents.

Release

In consideration of your acceptance of my application for participation in the **5K Run or the Duo-thon (5K Run & 10K Bike Ride)**, I, for myself, my heirs, executors, administrators and assign, waive and release any and all claims for damages, death, personal injury or loss of property I may have or which may accrue to me as a result of my participation. I discharge and release Margaret E. Moul Home, its Board of Directors, Officers, Managers, Staff, families, heirs and assigns and the Central York School District, the Event's organizers, and its respective agents, committees and any other involved representatives caused by the negligence of any of the above parties.

I acknowledge that there are inherent risks and dangers in running & riding in this Event including, but not limited to falls, contact with other participants, the effects of the weather including heat and/or humidity and the conditions of the course that may arise at any time during the Event. My participation is voluntary and is done at my own risk. I voluntarily assume all risks or losses, damage or injury that may be sustained while participating in the Event. I attest that I am physically fit and sufficiently trained for the completion of this Event. I understand and agree that medical or other services rendered to me by or at the insistence of any of the above parties is not an admission of liability to provide or to continue to provide any such service and is not a waiver of any said parties of any right hereunder. I understand serious accidents occasionally occur during the Event and that participants in the Event may sustain mortal or serious injury as a consequence thereof.

Nevertheless, I agree to assume those risks and to release and indemnify and hold harmless the entire persons mentioned above who might otherwise be liable to me (or my heirs or assigns) for damages, of whatsoever kind or nature.

Event Supporters



Athletes Serving Athletes
I Am Able
Mr. & Mrs. Frank Cover
PennTrackXC/ MileSplit PA
Shuman Heritage Printing, LLC
Zinda + Partners, LLC

Silver Supporters

Dr. Stanton S. Leboutz
Fraternal Order of Eagles #1406, Hanover
Viking Athletic Association, York

Bronze Supporters

Audio Professionals Hearing Aid Center
Nancy Altland
Mr. & Mrs. Samuel Hagen
Home Association of McSherrystown
Dr. & Mrs. Harold Levine
Mr. & Mrs. Robert Krom

Contributors

Brown's Orchards
Precious Milestones Photography

I attest that the equipment I will use in this Event is in good condition, and that I have the experience and ability to complete the Event safely. I understand that proper equipment in good condition can prevent serious injury. I agree to abide by the rules of this Event as established by the Event committee and obey the directions of the Event officials. I hereby grant full permission to the Event organizers, committees, volunteers, and any other involved parties of the foregoing to use photographs, videotapes, motion pictures, or any other record of this Event, including my name, likeness and/or voice for any legitimate purpose. I have read, understood and agree to the Liability Waiver on this form. (All unsigned entries will be returned.)

Participants Name (Print)

Participants Signature

Date

If the participant is under 18 years of age, a parent or guardian must sign below.

Parent/ Guardian Signature

Please feel free to make copies for friends and co-workers.
If the participant is under 18, a parent/ legal guardian must sign.
For those who register early, please return your application along with your fee to:
Margaret E. Moul Home
2050 Barley Rd.
York, PA 17408

Margaret E. Moul Home's Mission

The Margaret E. Moul Home provides medical and nursing care as well as rehabilitation services for adults with neuromuscular impairments and cognition levels sufficient to benefit from specialized services.

The environment is designed to enable the individual to attain their desired maximum level of function and independence. These services will be provided by well-trained, caring staff and volunteers.

The home provides services to individuals who primarily reside in York and surrounding counties of Pennsylvania regardless of their ability to pay to the extent of the Home's ability to obtain funding from available sources.

We would like to thank:

Duo-Thon Organizers

- Sherri lerley
- Meagan Alan
- Christina Beaverson
- Ron Herman
- Randy Mumford
- Don Rich
- Mark Zinda

Volunteers
Supporters
Patrons
Contributors

The biggest adventure you can take is to live the life of your dreams.

...Oprah Winfrey

Why a Duo-thon?

Our new and exciting event for all will provide an opportunity for the disable and the able bodied folks to experience a powerful sense of achievement by participating in the Duo-thon, a 5K Run and 10K Bike Ride or an Individual 5K Run. This event will also feature, the “One Moul” Walk for anyone that wants to take a one mile stroll for the Home.

Course Description

Duo-thon - 5K Run and 10K Bike Ride

A 3.1 mile run around the inner circle of the school’s macadam parking lot combined with a 6.2 mile bike ride around the outer circle of the school’s macadam parking lot. Speed bumps are present.

5K Run - A 3.1 mile run around the inner circle of the school’s macadam parking lot. Speed bumps are present.

One Moul Walk - The stroll is equivalent to 1 mile. The walk will proceed one time around the inner circle of the school's macadam parking lot. Speed bumps are present.

Encourage Posts will be located sporadically along the course. The Posts will provide drinks, snacks and cheer on the participants.

Refreshments

Central York Booster Club and other Food Vendors will be available in the stadium. Please feel free to patronize the stands.

Dream Trip Scholarship Fund

The Margaret E. Moul Home’s Recreational Department has assisted residents on their “Dream Trip.” Some trips for the residents include Disney World, cruises to the Islands and to the beach. “Day Dream” trips are also offered for residents who may not medically be able to go on an extended excursions. These outings include concerts, trip to Washington D.C. and much more.

“Dream Trip” expenses for a one-week can cost a resident between \$500 to \$3,500 depending on their destination. As a result of these exciting trips for the residents, the Dream Trip Scholarship Fund for the Home was created.

The Dream Trip Scholarship Fund can help a resident offset their trip costs. The fund can pay for the resident’s entire trip or just part of it.

There is a formal selection process by a designated committee to determine location of Dream Trip and who will receive a full or partial scholarship. Any interested resident must complete an extensive application and submit it to the Dream Trip Scholarship Committee for review.

If you believe that everyone deserves to go on their Dream Trip during their life, you can contribute to the Dream Trip Scholarship Fund by mailing a check indicating you wish your funds to support the Margaret E. Moul Home’s Dream Trip Scholarship Fund for the residents.

Charitable Registration

A copy of the official registration and financial information may be obtained from the PA Department of State by calling toll free within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

Costs

T-shirt and discount for those participants who like to register by Friday, July 31. Participants who register by 07/31/15 will receive their t-shirt the day of the event.

Early Registration by 07/31/15:

- Individual Duo-thon
5K Run & 10K Bike Ride - \$35
- Individual 5K Run Only - \$25
- Duo-thon Team - 2 to 4 people
5K Run & 10K Bike Ride - \$50
- Individual Moul Walk Only - \$25
- Student 5K Run or Walk Only - \$10
- Student Duo-thon Individual - \$15
- Student Duo-thon Team
2 to 4 people - \$25
- Children 6 and younger - Free

Event Day Registration

- Individual Duo-thon
5K Run & 10K Bike Ride - \$40
- Individual 5K Run Only - \$30
- Duo-thon Team - 2 to 4 people
5K Run & 10K Bike Ride - \$60
- Individual Moul Walk Only - \$30
- Student for 5K Run or Walk Only - \$15
- Student Duo-thon Individual - \$20
- Student Duo-thon Team
2 to 4 people - \$30
- Children 6 and younger - Free

Event Schedule

- Day of Event Registration will open at 7 am.
- Race begins at 8 am.
- Award Ceremony at 11 am in the stadium

Awards

All participants will receive a participation award.

Adaptive Wheelchair Individual

5K Run Only - 1st, 2nd & 3rd place trophies
* Duo-thon - 1st, 2nd & 3rd place trophies

Adaptive Wheelchair Team

* Duo-thon - 1st, 2nd & 3rd place trophies

Able Bodied Individual

5K Run Only - 1st, 2nd & 3rd place trophies
* Duo-thon - 1st, 2nd & 3rd place trophies

Able Bodied Team

* Duo-thon - 1st, 2nd & 3rd place trophies

* Duo-thon is the 5K Run and 10K Bike Ride.

Volunteers Needed

- Cheer Squads at Encourage Posts
- Set up and Clean up crew
- Encourage Post crews
(Stations that provide a quick snack & drink)
- Registration
- Traffic control crew
- Transition area crew

Flexible shifts available for volunteers.

If anyone would like to volunteer, please call the Margaret E. Moul Home’s Visibility & Resource Development Department at 717-767-6463.

