



Join us for the 18th Annual Give Thanks for Lebanon 5K/10K Race Saturday, November 14, 2026, at 8:00am

****Race will begin and end at the Lebanon High School****

Form may be duplicated. This is a rain or shine event.



GIVE THANKS FOR LEBANON 5K/10K RACE

Lace up and give thanks with us! Join family, friends, and runners of all ages for a fun-filled 5K/10K on the Lebanon Valley Rail Trail. Whether you're racing for a personal best or simply enjoying the miles, it's a great way to kick off the holiday season while supporting the Lebanon YMCA!

8:00 AM

Registration Fee: \$30 by 10/29 or \$35 after 10/29. Fee includes a 2026 Race Shirt.

Lebanon High School Parking Lot, 1000 South 8th Street

*Shirt and size are guaranteed if registered by October 29th

NEW

GIVE THANKS HIGH SCHOOL TEAM TROPHY CHALLENGE

A new challenge for high school runners in Lebanon County. Runners are encouraged to sign up as a team from their respective high school. The top three runners' times from each school will be tabulated. The school with the fastest time will receive the YMCA Give Thanks for Lebanon Run trophy.

8:00 AM

\$15 per runner (the cost covers your bib and timing fee)

NEW

TODDLER GOBBLER

This fun and festive event is designed especially for young children. Kids will have a chance to run, walk, and cheer their way around the track.

***All participants will receive a medal!**

1-2 year olds 100m Run

3-5 year olds 400m Run

*Parents are encouraged to run with their child if needed.

9:30 AM

\$10 per child

Lebanon Cedar Sports Complex Track, 100 Wilhelm Ave.



Special Race Features

- DJ Whiskey will be BRINGING THE BEATS TO YOUR FEET! Great Music • Good Vibes • Give Thanks!
- Cool Beans Brew Coffee Truck will be on-site at 6:30am with Coffee to Fuel Your Body!
- Race Packet Pick-Up: Lebanon Valley Family YMCA on Friday, November 13th from 1:00pm to 8:00pm or at the registration table on race day from 7:00am to 7:45am

Post-Race Festivities

- Refreshments will be provided after the race.
- Awards will be presented immediately following the races

Ways to register:

- Register online at Active.com
- Register online at lebanonymca.org or scan the QR Code
- Register in person at the Lebanon YMCA, 201 North 7th Street, Lebanon, PA
- Sign waiver below



PLEASE PRINT

First Name: _____ Last Name: _____ Date of Birth: _____ Gender: Male or Female
(circle one)

Address: _____ City: _____ State: _____ Zip: _____

Race: 5K 10K Toddler Gobbler High School _____ Shirt Size: S M L XL XXL
(circle one) (School Name) (circle one)

Email: _____ Phone Number: _____

In the spirit of Thanksgiving and the season of giving, you can add \$10 • \$20 • \$40 • \$50 to your registration fee to help provide YMCA memberships, programs, and opportunities to local individuals and families who may not otherwise be able to afford them.

☐ \$10 ☐ \$20 ☐ \$40 ☐ \$50 ☐ Other \$ _____

****Registration Fee: \$30 by 10/29 or \$35 after 10/29. Fee includes a 2026 Race Shirt (shirt and size are guaranteed if registered by October 29th). Make check payable to: Lebanon Valley Family YMCA.**

RELEASE AND WAIVER OF LIABILITY AGREEMENT

ALL PARTICIPANTS IN THE "Give Thanks for Lebanon 5K and 10K Race" AND RELATED EVENTS ("GTFLR") ARE REQUIRED TO ASSUME ALL RISK OF PARTICIPATION IN THE Run BY SIGNING THIS RELEASE AND WAIVER OF LIABILITY AGREEMENT

The undersigned athlete ("Athlete") on behalf of himself/herself and on behalf of the Athlete's personal representatives, assigns, heirs, executors, hereby fully and forever releases, waives, discharges and covenants not to sue the race organizers and all municipal agencies whose property and/or personnel are used, and all other sponsoring or co-sponsoring companies (the Lebanon Family YMCA; Lebanon Valley Rail Trail) or individuals related to the GTFLR (collectively, "Releasees") from all liability to the Athlete and his/her personal representatives, assigns, heirs and executors, for all loss(es) or damage(s) and any and all claims or demands therefore, on account of injury to the Athlete or property or resulting in the death of the Athlete, whether caused by the active or passive negligence of all or any of the Releasees or otherwise, in connection with the Athlete's participation in the GTFLR. The Athlete represents and warrants that he/she is in good physical condition and is able to safely participate in the GTFLR. The Athlete is fully aware of the risks and hazards inherent in participating in the GTFLR and hereby elects to voluntarily compete in the GTFLR, knowing the risks associated with the GTFLR, including, without limitation, weather conditions such as high heat and/or humidity, traffic and the condition of the road, all such risks being known and appreciated by the Athlete. The Athlete hereby assumes all risks of loss(es), damage(s), or injury(ies) that may be sustained by him/her while participating in the GTFLR. The Athlete agrees to the use of his/her name and photograph in broadcasts, newspapers, brochures and other media without compensation. The Athlete acknowledges that the entry fee is non-refundable and non-transferable. In the event the GTFLR is delayed or prevented by reason of fire, threatened or actual strike, labor difficulty, work stoppage, insurrection, war, public disaster, flood, unavoidable casualty, acts of God or the elements (including, without limitation, hurricanes, tornadoes and earthquakes), or any other cause beyond the control of race organizers, there shall be no refund of the entry fee or any other costs of the Athlete in connection with the GTFLR. The Athlete hereby grants to the medical director(s) of the GTFLR and his or her agents, affiliates and designees, access to all medical records (and physicians) as needed and authorizes medical treatment as needed. The Athlete warrants that all statements made herein are true and correct and understands that Releasees have relied on them in allowing the Athlete to participate in the GTFLR. THE ATHLETE HAS READ THE FOREGOING AND INTENTIONALLY AND VOLUNTARILY SIGNS THIS RELEASE AND WAIVER OF LIABILITY AGREEMENT.

Signature of Athlete (or Signature of parent if Athlete is under 18 years of age)

Date

IF ATHLETE IS UNDER AGE 18: The signature certifies that my son/daughter has my permission to participate in the GTFLR. The signatory has read the foregoing RELEASE AND WAIVER OF LIABILITY AGREEMENT and by signing thereon intentionally and voluntarily agrees to its terms and conditions. The signatory further certifies that my son/daughter is in good physical condition and is able to safely participate in the GTFLRR. I hereby authorize medical treatment for him/her and grant access to my child's medical records as necessary.