

Buddy Up To Lighten Up Challenge



**Never thought you could complete a Half Marathon or a 5K Race?
Now you can! Sign up with a Buddy and train together to reach the
finish line!**

As a Buddy Up Participant you will have the chance to:

- Win great prizes to help you stay active
- Participate as either an experienced runner/walker (captain) or as a beginner
- Receive great incentives such as training tips, training logs
- Register for a race/walk with your Buddy(ies)!

Two Easy Steps to Register:

1. You and your Buddy(ies) can register for the Buddy Up program at www.lancasteronthemove.com to track your activity
2. Register for the Hands on House Half Marathon/ 5K by visiting www.handsonhouserace.org. All race registrants will receive a race shirt and goody bag!

Join Now!!

**For more information on Buddy Up to Lighten Up,
please call 717-544-3878**



In partnership with
Lancaster General Health



**Get Ready! Get Set!
Go!**



**Lighten Up Lancaster County invites you to join
Lancaster on the Move!**

This free online program is designed to help you:

- **Get Active!**
- **Track your physical activity**
- **Become eligible for random prize drawings**

Sign up today as an individual or as a team

**Register online at www.lancasteronthemove.com
or call 717-544-3878**



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