



"Leaving an impression for our future"

5K Run/Walk

Saturday, October 11, 2014

Race Time: Run 8am/ Walk immediately following **RAIN, SNOW, OR SHINE

Course: Out & back flat, gravel trail. It begins & ends at Glen Onoko area of Lehigh Gorge State Park.

Fee: \$25 for Pre-registration before September 20, 2014 guarantees long sleeve T-Shirt.

\$30 the day of race.

Mail to: Lisa Walck c/o CCTI

Checks payable to: CCTI/Skills USA

150 W. 13th Street

sorry, no refunds

Jim Thorpe, PA 18229

Registration/Sign In/Package Pick Up: Saturday, October 11, 2014 from 7am until 7:45am

Refreshments: Water at the halfway point and at the end of the race.

Awards: Top 3 run finishers. Top 3 run finishers in each of the following categories: Female & Male under 14; F & M 15-25; F & M 26-35; F & M 36-45; F & M 46-55; F & M 56-65; F & M 66+ .

For more information, contact Lisa Walck at 570-325 3682 ext 1128 or email lwalck@carboncti.org

ENTRY FORM:

Circle one: RUNNER

WALKER

NAME: _____

DATE OF BIRTH: _____ AGE: _____ SEX (CIRCLE): M F

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL: _____

PHONE: _____

SHIRT SIZE (CIRCLE): SMALL MEDIUM LARGE EXTRA LARGE

RELEASE: ALL ENTRANTS MUST SIGN AND RELEASE.

In consideration of the acceptance of my entry, I, intending to be legally bound, do hereby, for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims which I may hereafter accrue to me against Lehigh Gorge State Park, Glen Onoko Area, Commonwealth of PA, Carbon Career and Technical Institute and any and all other sponsors and promoters, while traveling to and from this event and participating in said event. I FURTHER ATTEST THAT I CONSIDER MYSELF TO BE IN EXCELLENT HEALTH AND THAT I HAVE SUFFICIENTLY TRAINED FOR THIS EVENT.

Participant Signature _____ Date _____

(Parent/guardian signature if under 18 years old)