



THE PANTHER VALLEY RUNNING AND FITNESS CLUB PRESENTS
THE 2nd LUDLOW PARK 5K RUN/WALK

Saturday, July 9, 2016 8:30 AM

COURSE: Out and back mostly on Stoney Lonesome Road in Summit Hill (Switchback Trail) Race is a gradual downhill for the first half and gradual uphill on the way back. Water station will be provided at approximately the halfway point.

COURSE RECORDS: 5K Run Male – John Martino, Jr – 17:34 (2014), Female – Marina Orrson 18:12 (2014)
 5K Walk Male – Jeff Knutson – 35:49 (2014), Female – Abigail Vermillion 46:43 (2014)

ENTRY FEE: Pre-Registration - \$20.00, including commemorative t-shirt until July 2, 2016 for the first 75 participants.

Post-Registration - \$25.00 (limited number of t-shirts as long as they last)

AWARDS AND AGE GROUPS:

Top male and female runners receive a plaque. The top male and female walkers get a plaque as well. 2nd and 3rd place male and female runners will receive medals. 2nd and 3rd place walkers will receive medals.

5K-Run Male (Medals) 13 and under (3), 14-18 (3), 19-24 (3), 25-29 (3), 30-34 (3), 35-39 (3), 40-44 (3), 45-49 (3), 50-54 (3), 55-59 (3), 60-64 (2), 65-69 (2), 70 and over (2)

5K-Run Female (Medals) 13 and under (3), 14-18 (3), 19-24 (3), 25-29 (3), 30-34 (3), 35-39 (3), 40-44 (3), 45-49 (3), 50-54 (3), 55-59 (3), 60-64 (2), 65 and over (2)

Race registration will be held from 7:30-8:15 AM at Ludlow Park in the center of Summit Hill on Saturday, July 9, 2016! Both the 5K run and walk will begin promptly at 8:30 AM. The walkers will start behind the runners. Both the walk and run will start near the Ludlow Park. Race will be held rain or shine. Post race party and raffle will take place. Part of the proceeds will benefit the Summit Hill Historical Society.

REGISTRATION FEE PAYMENT: Make checks payable to the *Panther Valley Running and Fitness Club*. Please send entry form and payment to: Joe Mogilski, 133 W. Holland St. Summit Hill, PA 18250

If you have any questions, visit our website at www.mogorun.com/2016ludlowparkapp.pdf or you can contact Joe at (570) 805-4660 or email at mogorun@ptd.net.

2016 LUDLOW PARK 5K ENTRY FORM (Please print or type)

NAME: _____ PHONE: _____

ADDRESS: _____ AGE _____ GENDER _____

CITY: _____ STATE: ____ ZIP _____ DATE OF BIRTH _____

E-mail _____

T-SHIRT SIZE: (circle one) M L XL XXL **Circle one** RUN WALK

WAIVER APPROVAL (ALL ENTRANTS MUST SIGN)

In consideration of the acceptance of my entry, I, intending to be legally bound, do hereby, for myself, my heirs, my executors and administrators, waive, release and discharge any and all rights and claims which I may have, or which may hereafter accrue to me against the Panther Valley Running and Fitness Club, the Summit Hill Historical Society and the Borough of Summit Hill, and any and all agents, sponsors, and promoters, for any injuries or illnesses suffered by me while participating in and traveling to and from this event.

SIGNATURE OF ENTRANT: _____ DATE: _____

SIGNATURE OF PARENT IF UNDER 18 _____