



THE SUMMIT HILL RECREATION COMMISSION AND
THE PANTHER VALLEY RUNNING AND FITNESS CLUB PRESENT



THE SUMMIT HILL STAY-AT-HOME 5K RUN/WALK

Sunday, May 29, 2016 9:00 AM

COURSE: Mostly flat with one short hill through the beautiful borough streets of Summit Hill, PA, starting and finishing at the Ludlow Park. Water station will be provided at approximately the halfway point.

ENTRY FEE: Pre-Registration -\$25.00, including commemorative t-shirt until May 26, 2016 for the first 100 participants. Post-Registration - \$30.00 (limited number of t-shirts as long as they last).

AWARDS AND AGE GROUPS:

Top male and female runners receive plaques. The top male and female walkers receive plaques 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) 14 and under (3), 15-19 (3), 20-29 (3), 30-39 (3), 40-49 (3), 50-59 (3), 60-69 (3), 70 and over (2)

5k-Run Female (Medals) 14 and under (3), 15-19 (3), 20-29 (3), 30-39 (3), 40-49 (3), 50-59 (3), 60-69 (3), 70 and over (2)

Race Registration will be held from 7:45-8:45 at Ludlow Park on Sunday, May 29, 2016, located at the 200 block of West Ludlow St., Summit Hill. Both the 5K run and walk will begin promptly at 9:00 AM. The walkers will start behind the runners. Both the walk and run will start on Ludlow Street. Race will be held rain or shine.

REGISTRATION FEE PAYMENT: Make checks payable to the **Summit Hill Recreation Commission**. Please send entry form and payment to: Summit Hill Recreation Commission, 40 West Amidon Street, Ste. 3, Summit Hill, PA 18250.

If you have any questions, please contact any Recreation Commission member or send an email to shillrec@gmail.com.

2016 SUMMIT HILL STAY-AT-HOME 5K RUN/WALK ENTRY FORM (Please print or type)

NAME: _____ PHONE: _____
 ADDRESS: _____ AGE: _____ GENDER: _____
 CITY: _____ STATE: _____ ZIP _____
 DATE OF BIRTH: _____ EMAIL: _____
 T-SHIRT SIZE (circle one) S 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 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: _____