



5K Run/Walk

Saturday, October 14, 2017- Run/Walk - 9 am **Rain, Snow or Shine**

To benefit Carbon Career & Technical Institute's SkillsUSA Chapter

Course: Out & back flat, gravel trail. It begins & ends at Glen Onoko access area of Lehigh Gorge State Park.
Latitude / Longitude 40.88357°, -75.76035°

Fee: \$20 for received Pre-registration by September 22, 2017 guarantees long sleeve T-Shirt

\$25 Sept 23 - Oct 14

\$15 Student fee

Checks payable to: CCTI/SkillsUSA
(sorry, no refunds)

Mail to: Chris Graver - CCTI
150 W. 13th Street
Jim Thorpe, PA 18229

Race Day Registration: Saturday, October 14, 2017 from 8 am - 8:45am

Refreshments: Water and snacks will be provided. **Extras:** Raffles

Awards: Top 3 run and top 3 walk finishers get overall award. Top 3 run and top 3 walk finishers in each of the following categories: Female & Male for: under 14, 15-25, 26-35, 36-45, 46-55, 56-65, and 66+.
(Medals awarded to runners and walkers)

For more information, contact Chris Graver at 570-325-3682 ext.1510 or email cgraver@carboncti.org

ENTRY FORM: **CIRCLE ONE:** RUNNER WALKER

FULL NAME: _____

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

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

EMAIL: _____

PHONE: _____

SHIRT SIZE (circle if registering by Sept. 22): SMALL MEDIUM LARGE XLARGE XXLARGE

RELEASE: ALL ENTRANTS MUST SIGN AND RELEASE.

In consideration of the acceptance of my entry, I, intending to be legally bound, do, 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 to consider myself to be in excellent condition and health and have adequately trained for this event.

Participant Signature _____ **Date** _____

(Parent/guardian signature if under 18 years old)