



THE PANTHER VALLEY RUNNING AND FITNESS CLUB, THE SUMMIT HILL
AMERICAN LEGION AND THE PANTHER VALLEY J.R.O.T.C. PRESENT

THE 15th VETERAN'S DAY 5K RUN/WALK

Saturday, November 10, 2018 10:00AM

COURSE: The course will be run through the streets of beautiful Summit Hill, PA with several very short hills. There is one water stop near the 2 mile mark.

COURSE RECORDS: 5K Run Male – Marc Waslesyn - 20:46 (2017) 5K Run Female - Sarah Leskosky – 22:16 (2017)
5K Walk Male – Tom Lager - 38:44 (2017) 5K Walk Female – Karrie Sell – 46:41 (2017)

ENTRY FEE: Early Bird Special - \$15.00, \$12.00 for students and Veterans (until September 30, 2018)
Pre-Registration - \$20.00, including newly designed commemorative long sleeve t-shirt to first 75 entrants before November 3, 2018

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

Veterans: Pre-registration – \$15.00 from October 1 until November 3, 2018, \$25.00 afterwards

Students 18 and under - \$15.00 from October 1 until November 3, 2018, \$25.00 afterwards

AWARDS AND AGE GROUPS:

Top overall 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 and walkers will receive medals. Plaque to the top Veteran. 2nd and 3rd place Veterans will receive a medal. Top veteran walker will receive a medal. Medals to the oldest, youngest and 15th overall.

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), 70-79 (3), 80 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 8:00 – 9:30 AM at the American Legion on Saturday, November 10, 2018, which is located right off Route 902 at the northern end of Summit Hill. The 5K run and walk will start promptly at 10:00AM. Walkers will line up behind the runners. Both the walk and run will start and finish near the Legion. Race will be held rain or shine. Post-race party will be held in the Legion following the race, including race day raffle. Additional race apps are available at www.mogorun.com.

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. Proceeds from this event will benefit Summit Hill American Legion Community Activities and the Panther Valley J.R.O.T.C Cadet Fund. All participants are asked to bring in a non-perishable food item or clothing which will go to Paul's House in Jonas, PA, which is a home for homeless veterans. There will also be a 50-50 raffle.

Any questions, contact Joe at (570) 805-4660 or email at mogorun@ptd.net.

VETERAN'S DAY 2018 ENTRY FORM (Please print or type)

NAME: _____ PHONE: _____

ADDRESS: _____ AGE: _____ GENDER: _____ EMAIL: _____

CITY: _____ STATE: _____ ZIP: _____ DATE OF BIRTH: _____ VETERAN (Y/N): _____

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, Summit Hill American Legion Post 316, the Panther Valley School District, Panther Valley J.R.O.T.C, 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: _____