



THE PANTHER VALLEY RUNNING AND FITNESS CLUB AND THE
SUMMIT HILL AMERICAN LEGION PRESENT

THE 12th ANNUAL VETERANS DAY 5K RUN/WALK

Saturday, November 13, 2010 10:00AM

COURSE: Short hill in first half mile and then downhill for the next 1.5 miles. Mile 2-2.7 is a gradual upgrade on Stony Lonesome Road (Switchback trail). Short hill at mile 2.7. Flat to the finish.

COURSE RECORDS: 5K Run Male – Jeff Skwierz – 16:19 (2005), Female – Kaitlin Grim – 19:10 (2005)
5K Walk Male – Ron Shields – 28:39 (2002), Female – Sherry Ferguson – 34:46 (2002)

ENTRY FEE: Pre-Registration - \$15.00, including newly designed commemorative t-shirt to first 125 entrants before November 6, 2010

Post-Registration - \$20.00 (limited number of t-shirts as long as they last)

AWARDS AND AGE GROUPS:

Top 3 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 walkers will receive medals. Plaque to the top Veteran. 2nd and 3rd place Veterans will receive a medal.

5K-Run Male (Medals) 11 and under (2), 12-14 (2), 15-19 (3), 20-24 (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), 70-74 (2), 75-79 (2), 80 and over (2)

5K-Run Female (Medals) 11 and under (2), 12-14 (2), 15-19 (3), 20-24 (3), 25-29 (3), 30-34 (3), 35-39 (3), 40-44 (3), 45-49 (3), 50-54 (3), 55-59 (3), 60-64 (3), 65-69 (2), 70 and over (2)

Race registration will be held from 8:00 – 9:30 AM at the American Legion on Saturday, November 13, 2010, 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.

Any questions, contact Joe at (570) 645-2170, email at mogorun@ptd.net or call George Mitzen at (484) 324-5259

VETERAN’S DAY 2010 ENTRY FORM (Please print or type)

NAME: _____ PHONE: _____

ADDRESS: _____ AGE: _____ GENDER: _____

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

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, Summit Hill American Legion Post 316, 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: _____