

Saturday, August 7, 2010

Time: 9:00 a.m. ~ Distance: 5K

Entry Fee Before August 7, 2009

- \$10.00 Pre-registration without T-shirt
- \$15.00 Pre-registration
- \$20.00 Race Day Registration
- \$15.00 Race Day Registration without T-shirt
- \$10.00 High School Challenge with T-shirt

Awards

- Overall 1st Male & Female
- Top three in each age group
- Male: 17 & under, 18 – 24, 25 – 29, 30 – 34, 35 – 39, 40 – 44, 45 – 49, 50 – 54, 55 – 59, 60 – 64, 65 – over
- Female: 17 & under, 18 – 24, 25 – 29, 30 – 34, 35 – 39, 40 – 44, 45 – 49, 50 – 54, 55 – over
- Breaking Course Record \$25.00
- High School Challenge – Traveling Trophy for Top Boys and Girls Squad, \$150. each team.

Course Records

- 2004 Male: Bob Dressler, Jr. 15.29.40
- 2008 Female: Vicki McGrew 19.02.00

Millerstown Chrysler Plymouth

-- PACE CAR --

Registration Form:

15th Annual Millerstown Area
Wildcat 5K Race

T-Shirt: M____ L____ XL____

Name: _____

Address: _____

Age: _____ Sex: _____

6th Annual High School Challenge

- Lowest cumulative time of top four runners from each team.
- Boy's trophy sponsored by Tedd Wood, Inc.
- Girl's trophy sponsored by Millerstown Area Jaycees.

Premiums

- T-shirt to the first 100 registered runners.

Refreshments

- High Energy "Performance" Drink.
- Food and beverages will be available before and after the race.
- Water on course at 1.5 mile mark.

Entry Fee Benefits

- Wings of Kindness Foundation

Mail Entry Form and Check to:

Wings of Kindness

P O Box 225

Thompsontown, PA 17094

c/o Matt Pannebaker – 5K Race

Packet Pick-Up/Late Registration

- On race day at Millerstown Pool 7:30 am to 8:45 am.

For more information, contact Matt Pannebaker at 717-463-3615 or by email at mattp@teddwood.com

I know that running a road race is a potentially dangerous activity. In consideration of the acceptance of this entry to the Wings of Kindness Millerstown Area Wildcat 5K Race, I waive all claims for myself, my heirs, and assigns against the sponsors, cooperating and coordinating groups and any individuals associated with the event and will hold them harmless for any and all injuries or illness which may result from my participation. I further state that I am in proper physical condition to participate in this race. I also grant permission for my name and/or picture to be used by the media in any account of this race without further compensation.

Signature _____

Date _____

Parent Signature _____

(if under 18 years of age)

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Stauffer's Butcher Shop
Steckley's Pet Center
W. E. Schlegel, Inc.
Zeiderelli's Pizza

Wings of Kindness
c/o Matthew Pannebaker
P O Box 225
Thompsonstown, PA 17094

MILLERSTOWN
AREA
15TH ANNUAL



AND

6TH ANNUAL HIGH SCHOOL
5K CHALLENGE

HOSTED BY

WINGS OF KINDNESS



Cocolamus
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Finally, recycling
made easy!
Don't Recycle... Think CDD

RBS
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SATURDAY, AUGUST 7, 2010
MILLERSTOWN POOL PAVILION