

# Half Century 5K Run/Walk

## Friday, June 7, 2013

While Dan patiently waits for his AARP application to be processed, we thought what better excuse to help celebrate this "milestone" than to have a 5K Run/Walk. Although this event will help celebrate the passage of time, we'll also be able to help some local charities along the way. Your \$10 entry fee will help fund scholarships for local Cross Country runners as well as the City Rescue Mission (sorry, no t-shirts). We will provide professional timing through Miles of Smiles as we take you through a scenic tour of Cascade Park (and even provide some birthday cake at the end of the race)

**Location:** Cascade Park  
1928 East Washington St,  
New Castle, PA 16101

**Race Director:** Dan Reed([DReed055@aol.com](mailto:DReed055@aol.com))

**Race Time:** 7:00 pm (Pre-registration 5:30–6:30 pm)

**Rewards:** Birthday Cake, Pizza

**Awards:** Top 3 overall male and female  
Top 3 male and female in each age group:  
10 and under, 11-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 up

**Entry Fee:** \$10.00 pre-registration (no shirt)  
\$10.00 day of the race (no shirt)  
Send to: Dan Reed  
330 Fairground Rd  
New Castle, PA 16101  
*Checks can be made out to Nancy Reed*

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Name \_\_\_\_\_ Age \_\_\_\_\_ Birth Date \_\_\_/\_\_\_/\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Email Address \_\_\_\_\_

Male/Female (circle one)

**Release:** By signing this application, I hereby waive, discharge, and release myself from any and all claims, damages, demands and courses of action of any kind, including negligence that I may have against the Lawrence County Physical Therapy Institute, the volunteers, sponsors, and organizers of this event, which may arise from my participation in this event. I hereby certify that I am physically fit to participate.

Signature \_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_

Signature of guardian (under 18) \_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_