



# Run the Dam 5k

Fighting Cancer A Single Step at a Time

Relay for Life Pymatuning Lake 2017

Sponsored by MP's Crew In Memory of Mary Pat McParland

5k Run/Walk and 1/2 mile Kid's Fun Run

Saturday, June 17, 2017

9:45AM 5k, Fun Run to Follow



**Race location:** Pymatuning State Park, 2660 Williamsfield Rd, Jamestown, PA 16134, Shelter #3 (West Side of Dam)

**Entry Info:** \$15 Pre-registration until June 4/ \$20 after June 4 and on Race Day. Kid's 1/2 mile Fun Run \$5 (10 and under). T-shirt sold separately, \$10 pre-order or available on race day. Contact race director about group rates.

**Packet Pickup and Race Day Registration begin at 8:15AM day of event until 9:15AM at Shelter #3.**

**Online Registration:** [www.smileymiles.com](http://www.smileymiles.com), Click on Event Calendar, June.

**Awards:** \$100 to first male finisher and \$100 to first female finisher, \$75 to each second place overall, \$50 to each third place overall. \$25 to the first Masters Finisher male and female. Prizes (non-cash) to first finisher in each age group per gender. No duplicate awards. All 5k entrants receive tickets and coupons in packet to redeem at Relay for Life booths after race. Finisher ribbons and ice cream/popsicle vouchers for all finishers in kid's race.

**Age groups:** 13 and Under, 14-18, 19-25, 26-35, 36-45, 46-55, 56-65, 66-75, 75+, Masters are age 45+

**Proceeds:** All proceeds benefit The American Cancer Society.

**Contact:** Katie Cianci, race director at [katie.cianci@gmail.com](mailto:katie.cianci@gmail.com) or 724-813-8706.

**Information:** Race course is relatively flat, out and back, scenic course through the state park on paved and semi-paved roads and paths with views of the lake. Results by Miles of Smiles, chip timing [www.smileymiles.com](http://www.smileymiles.com). This race is the kick-off for Relay for Life Pymatuning 2017. Please join us immediately following the race for food, music, games, raffles, a craft show, karaoke contest, paddleboard and kayak rental, and much more. Relay For Life is the signature fundraiser for the American Cancer Society, "to bring communities together to remember loved ones lost, honor survivors of all cancers, and raise money to help the American Cancer Society make a global impact on cancer." Visit our team website at <http://main.acsevents.org/goto/MPCrew>. Picnic areas, public beaches, and fishing access available on site within a short walk. Bring the family and make a day of it! The 5k and the Relay are both rain or shine events.

## RUN THE DAM 5K ENTRY FORM (Please print legibly)

Name \_\_\_\_\_ Cancer Survivor?: Yes / No Gender \_\_\_\_\_ Age \_\_\_\_\_ (on race day)

Address \_\_\_\_\_ Phone # \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Circle one: 5k Run/Walk or 1/2 mile Fun Run

T-Shirt: Youth SM, Youth M, Youth L, Adult SM, M, L, XL, XXL, NONE

**WAIVER (MUST BE SIGNED):** In consideration of you accepting this entry, I, the below signed, intending to be legally bound for myself, my heirs, my executors and administrators, waive and release any and all right for damages I may have against the race, and sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest that I am physically fit and sufficiently trained for this race. I release all pictures of myself. I understand that if I lose or do not return my race chip in which I am timed with, I will be held responsible for it and charged the cost of it. I understand this is a rain or shine event and no refunds will be given for the entry fee in the case of bad weather or if I decline to participate.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Guardian if under 18: \_\_\_\_\_

**Total Payment Enclosed:** \_\_\_\_\_ **Make Checks payable to The American Cancer Society.**

**Mail registration form and payment to:** Run the Dam 5k c/o Katie Cianci, PO Box 247 Jamestown, PA 16134