



Run the Dam 5k

Fighting Cancer A Single Step at a Time

Pymatuning Lake 2018

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

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

Saturday, June 23, 2018

10:00AM 5k, Fun Run to Follow (approx. 10:30AM)



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

Entry Info: \$15 Pre-registration for 5k/2mi until June 16/ \$20 after June 16 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 8:30AM day of event until 9:45AM at Shelter #3.

Online Registration: www.smilemiles.com, Click on Event Calendar, June.

Awards: \$100 to first male finisher and \$100 to first female finisher, \$50 to each second place overall. Masters winner male and female, and first finisher in each age group per gender each receive non-cash prizes. No duplicate awards. 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 Perry, race director at katie.cianci@gmail.com or 724-813-8706.

Information: Race course is relatively flat, scenic course through the state park on paved and semi-paved roads and paths with views of the lake. Timing and results by Miles of Smiles, www.smilemiles.com. 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." Picnic areas, public beaches, and fishing access available on site within a short walk. Bring the family and make a day of it! This race is a rain or shine event.

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 Perry, PO Box 247 Jamestown, PA 16134