

HILLER 5K RUN/ WALK

And 1K Kids' Fun Run

Sunday ~ September, 23rd 2018 (Rain or Shine)

South Strabane Park ~ 750 Floral Hill Dr. - Washington PA 15301

****All proceeds will benefit the Trinity Hillers Cross Country Team**

Course Information:

The 5K road race will be a 3.1 mile loop starting at the South Strabane Park out to Zediker Station Rd., then returning to the park pavilion for finish. The 1K Fun Run will be around the walking trail at the park. On-site parking will be available at the event.

Check In/ Registration..... 8:00 - 8:45 AM

Kids' 1K Fun Run..... 9:00 AM

5K Run/ Walk 9:30 AM

Awards for Overall/ Age Group Runners:

Awards: 1st, 2nd & 3rd overall male/female; 1st, 2nd & 3rd in each age group, male/female

Age groups: 13 and under; 14-19; 20-29; 30-39; 40-49; 50-59; 60+

Registration:

By Mail: Attn: Trinity Cross Country Boosters

404 Independence Blvd. Washington, PA 15301

* Make checks payable to Trinity Cross Country Boosters

Online: runsignup.com

Pre-Registration:(by Sept. 9th)

5K Run/ Walk..... \$25

Kids' 1K Fun Run..... \$10

Registration after Sept. 9th-Race Day

5K Run/ Walk..... \$35

Kids' 1K Fun Run..... \$10

* All entrants will receive a t-shirt. Race day registration t-shirts will be first come first serve basis.

Contact Information: Andrea Gandy trinityxcountry@gmail.com

Trinity Cross Country 5K / Fun Run ~ Registration Form

First Name: _____ Last Name: _____

Age: _____ Gender: M/F Shirt Size: Y-M; Y-LG; AS; AM; AL; AXL

Address: _____ City: _____

State: _____ Zip: _____ Email: _____

Phone: _____ Please Circle One: 5K Road Race / Kids Fun Run

Waiver: I understand that running a 5K race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of the weather (including rain and cold weather), traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of the acceptance of my entry, I for myself, and anyone entitled to act on my behalf, waive and release Trinity Cross Country, race officials, volunteers and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature (Parent if under 18) ALL PARTICIPANTS MUST SIGN ENTRY FORM

Date

