



**Proceeds benefit the
Jeff "Lance" Wentzel Memorial Scholarship Fund**

WHAT

Jeffrey "Lance" Wentzel (LODD) — 5K Run/Walk

WHEN

Sunday, May 19, 2019

WHERE

Youngwood Fire Hall — Youngwood, PA

TIME

7:30 - 8:45 am Race Day Registration
8:30 am Kids Fun Run
9:00 am 5k Run/Walk

COURSE

Our course starts at the Youngwood Fire Hall and winds through the scenic 5 Star Trail and Westmoreland Community College (WCCC).

REGISTRATION

ONLINE: www.youngwoodaba.com (your source for all run information).

We highly recommend registering online.

MAIL: Send completed entry forms to:
YABA , P.O. BOX 25, Youngwood, PA 15697

IN PERSON: On Race Day between 7:30 & 8:15 am

KIDS FUN RUN (Ages 8 and Under)

FREE. Please register your child.

ENTRY FEES (Benefits Youngwood F.D. & K-9 Rescue)

\$20 if postmarked by May 5, 2019;
\$25 after May 5 and on race day.
\$5 entry fee per dog

RACE FEATURES

T-Shirt (guaranteed while supplies last), water, snacks, and music will be provided.

AWARDS

Top three finishers in the race and for the top three women and men in each age group.

AGE GROUPS

13 and under, 14-19, 20-29, 30-39, 40-49, 50-59, 60 and over

PARKING

If driving to the race, parking is available in the parking lots behind the Youngwood Fire Hall .
Be warned there are restrictions on some streets.

RACE INFO & QUESTIONS

www.youngwoodaba.com

Contact :

Dayna DiPasquale at sibscandy1@comcast.net or call 724-433-7285
or Michel Maiers at mlpawlosky@aol.com or call 412-657-2858

Run for Lance — 5k Run/Walk

Registration: \$20 before May 10th; \$25 postmarked after May 5th and on Race Day;

Make checks out to: YABA **Mail to:** YABA c/o 5K Run/Walk, P.O. Box 25, Youngwood, PA 15697

Sex : M F Age: _____

Last name: _____ First _____

Address: _____

City: _____ State: _____ ZIP: _____ Email: _____

T-Shirt: S M L XL XXL Youth: S M L Phone: (_____) _____ - _____ Dog: YES _____ NO _____

Waiver: In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself and my heirs, executors, administrators waive and release the Borough of Youngwood, WCCC, 5 Star Trail, YABA, Youngwood Fire Department, all sponsors, their representatives and successors, from any and all rights and claims for damages I may accrue against the persons and organizations affiliated with the race for any and all injuries that may be suffered by me or enroute to and from the event. I attest that I am physically fit and sufficiently trained for this competition, my physical condition verified by a licensed M.D. during the last 6 months. As part of the waiver, I acknowledge that I have read and understand all of the above.

Signature _____ Date: _____

All entrants must sign waiver. (If under 18, parent or legal guardian must sign waiver) Attendance at event is consent to be photographed.