



18th Annual 10K/5K Race/Walk
Sunday June 2, 2019 8:00 AM
Penn State Altoona Campus
Honorary Chair: Jayme Orr Rhodes



Registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip _____

Phone: _____ Age: (event day) _____ Gender: M _ F _

Email: _____

Early Entry until 5/1/2019	\$20
Regular Entry until 5/24/2019	\$25
After 5/24/19 and day of entries	\$30
Lollipop (children 3-10)	\$10

T-Shirt Size: YM __ YS __ S __ M __ L __ XL __ XXL __

Event: 10K ____ 5K Run ____ 5K Fun Walk ____ Lollipop ____

Please make checks payable to Family Services Incorporated.
Credit/Debit cards may be used online at www.familyservicesinc.net,
payments and forms may be mailed to:
Family Service Incorporated, 2022 Broad Ave., Altoona, PA 16601



Event Features

- Awards for Top 3 Male and Female Overall
- Top three overall Male and Female in the following age groups: 9 & under, 10-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & Over
- Team Spirit Awards
- Vendors
- Kids Lollipop Race
- Each registered participant will receive an event t-shirt while supplies last

Proceeds from this event benefit programs operated by Family Services Incorporated, including:
Center for Child Justice, Counseling, Family Shelter, Intellectual Disabilities Program,
R.K. Agarwal M.D. & Family Teen Center & Shelter, Victim Services
For information about our programs, please visit our website: www.familyservicesinc.net or email:
info@familyservicesinc.net

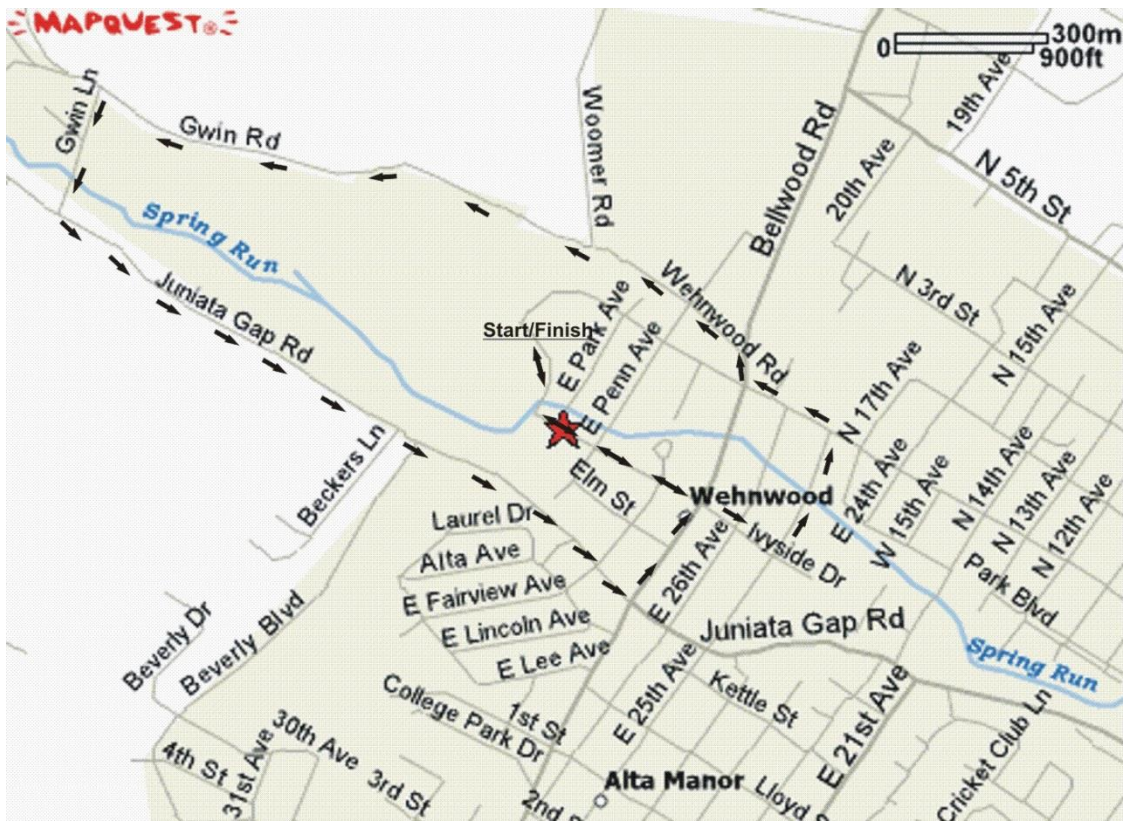
Special Thanks to our sponsors and the following groups: Altoona Police Department,
Penn State Altoona Campus, Penn State Altoona Police, AMED, Pennsylvania State Police,
Logan Township Police Department and Fire Police

Emergency Contact Name: _____ Phone: _____

All entrants must complete a form and sign this release to participate. In consideration for accepting this entry and granting the right to participate in this event, I hereby agree for myself, my heirs, my executors and administrators to waive any and all rights and any claims for losses and damages I may have against the sponsors, coordinating groups and individuals associated with the event, their representatives, successors and assigns, and will hold them harmless for any and all injuries suffered in connection with the said event. Also, none of the above are responsible for the loss of personal items or any form of aggravation in connection with the said event. I represent and affirm that I am in proper physical condition to participate in this event verified by a licensed physician, and have sufficiently trained for the completion of this event. I give my permission for the free use of my name and picture in any broadcast, telecast or print media account of this event. I also hereby consent to permit emergency treatment in the event of injury or illness. The undersigned has read and voluntarily signed this release and waiver.

Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____
(if under the age of 18)



ROUTE DESCRIPTION AND PARAMETERS: 5K-One Lap 10K-2 Laps

Course certified by 'USA Track & Field - Road Running Technical Council

Race starts on the road SW of the Chapel Parking Lot of PSU Altoona, East across IVYSIDE DRIVE to 25TH AVE. (Runners must keep right of the centerline), Left (SE) on 25TH AVE. (turn is governed by cones on the centerlines, even with the curb) to BROADWAY ST., Left (NW) on BROADWAY ST. (cones again determine the turn; Runners keep right of centerline.) to WOPSONONOCK AVE., Right (NE) on WOPSONONOCK AVE. to WEHNWOOD RD. (Runners keep right of centerline). Left (NW) on WEHNWOOD RD./GWIN RD. to RIDERS FARM RD. (Runners keep right of centerline), Left (SW) on RIDERS FARM RD. (turn governed by cone placed in center of road, parallel with the, SE side of RIDERS FARM RD. Runners keep right of center of road) Left (SE) on JUNIATA GAP RD. (turn determined by cone placed at center of JUNIATA GAP RD. parallel to JGR. Runners must keep right of centerline) to WOPSONONOCK RD., Left (NE) on WOPSONONOCK RD. (turn determined by cone placed at center of road, concentric, with the inner curb. Runners must keep right of center line) to IVYDALE DRIVE.! Left (NW) on IVYDALE DRIVE (turn determined by cones placed in center of road along a concentric arc out from the inner curb; runners keeping to the right of the centerline, then turning right into the first entrance of the Chapel Parking Lot, and making a counterclockwise turn around the first island, keeping to the right of a series of cones to exit southeasterly to make a second complete loop, to finish as shown.

All racers will be timed with electronic chip timing devices, provided by Miles of Smiles Timing Services.

Lollipop Race

A variety of activities for children ages 3-10. \$10 fee covers the following:

Race around the pond, craft activity, t-shirt, childcare for parents running the race, participant medal, healthy snacks and refreshments

5K Walk

Enjoy a scenic marked course inside the perimeter of the beautiful Penn State Altoona Campus. Separate course from the runners, strollers and leashed pets welcome. Bring the entire family!

Volunteers Needed

Not able to run or walk the race? Why not consider volunteering? Numerous people are needed as race marshals and at other activities. Free T-shirts to all volunteers! Register on the event page to volunteer.

Team Trophy

Two team trophies will be awarded; one each to the top team in the following categories:

- Teams with 15 members or less (1 pt. per member)
- Teams with over 15 members (1 pt. per member)
- Bonus points will be added for team spirit and creativity! Team Photos will be featured on our website and Facebook page. Grab your friends, family, and coworkers and get creative!

