

Join Us on **SUNDAY JUNE 2nd** for the **7th Annual Run for the Rec**



Runners, Walkers, and Ruckers of all levels are encouraged to participate.

Race day check in and registration starts at 8:00 AM. Race begins at 9:00 AM, rain or shine.

Participants registered by May 12th pay a discounted rate and are guaranteed a race t-shirt.

Proceeds from this year's event will fund playground equipment upgrades at the McKnight Village neighborhood's recreational center, fondly called "The Rec".

WHAT: 5k Fun Run and Walk

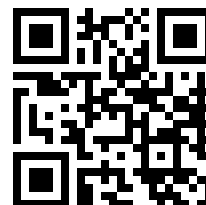
Fun for the whole family with new Rucker and Stroller / Wheelchair divisions in 2019!

WHEN: SUNDAY, JUNE 2, 2019 at 9 am

WHERE: MCKNIGHT VILLAGE REC CENTER

201 Henderson Road, McKnight PA 15237

COSTS: \$50 EARLY BIRD *FAMILY* RATE,
\$20 EARLY BIRD *INDIVIDUAL* RATE
\$70 family rate after May 12th
\$25 individual rate after May 12th



REGISTER: www.mcknightwomensclub.com

Register online NOW at
www.McKnightWomensClub.com

or to save on fees and pay by check, simply

- 1. Print the last page of this flyer**
- 2. complete the form, making sure the adults sign it**
- 3. make check payable to McKnight Womens Club (MWC)**
- 4. send the form and check to:**

Marlene McEwen
401 Fox Drive
Pittsburgh 15237

FAQs:

- You can register up to two adults per form. Each adult must sign the waiver. If more adults are registering, simply print additional forms
- Family rate is for up to five members of your immediate family. This is considered two adults and their children.
- All participants registered by May 12th are guaranteed a shirt and backpack. After May 12th we will still try to accommodate all registrants.
- Sex and Birth date are only required to be eligible for runner medals. If you are planning to compete as a rucker, a pusher, or are an untimed participant, they can be left blank.
- Ruckers are individuals wearing weighted backpacks for an added challenge. This is popular with active service members, veterans, public servants, and athletes. We have three weight categories, and will offer medals for each weight division, but not separate by gender.
- Stroller and Wheelchair duos should register both the pusher and the pushee so they both get a t-shirt. Register the pushee as an untimed participant. We will award medals to the pusher and pushee, for the duo with the fastest female pusher, and the fastest male pusher.
- We also offer a large group discount for groups of 20 or more. So if your sports team, extended family, or other group would like to participate, email MWC_Admin@comcast.net
- For additional questions, email MWC_Admin@comcast.net

Contact Name _____

Address _____ City _____

State _____ Zip _____ Phone (____) _____

Email _____

Amount paid: \$ _____ (please make check payable to McKnight Women's Club)

Waiver — In consideration of your accepting this entry, I, the below signed; whether it be for myself or as the legal guardian/parent of the registered participant(s) intending to be legally bound, for myself, my heirs, my executors and administrators, waive and release any and all rights and claims for damages I may have against the race, its sponsors and their representatives, successors and assigns, including the McKnight Women's Club, the McKnight Village Civic Association, and US Track & Field, for any and all injuries suffered by me in said event. I attest that I will participate in this event voluntarily that I am sufficiently trained for the completion of this event. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs and any record of this event in which I may appear for any legitimate purpose, including advertising and promotion.

Date _____ Signature of 1st Adult Entrant / Parent _____

Date _____ Signature of 2nd Adult Entrant / Parent _____

List each participant separately	Sex	Birth date	T-Shirt Size	I am a
First and Last Name	Circle one	MM/DD/YYYY	Circle one	Circle one
_____	M F	___/___/___	Adult S M L XL XXL Youth XS S M L 2T 12 months 6 months No shirt	Timed Runner or Walker Untimed Participant Rucker Warrior 31+ lbs Rucker Champion 16-30 lbs Rucker Hero 5-15 lbs Stroller / Wheelchair
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