

1st Annual Saint Patrick's Day Which~ Way~ 5k

GENERAL INFO:

DATE: Sunday, March 17, 2019

START TIME: 12:00 PM

LOCATION : Franklin, PA 16323 Samuel Justice trail @ The Salt Box

DISTANCE : 3.1 miles/5k

COST: \$20.00

BENEFITS: All proceeds go to Allegheny Valley Trails Associations

TIMING COMPANY: Runner's High handles the 5K timing. All concerns regarding shoe chips/race time should be directed immediately to the Runner's High official. Chips must be re- moved & returned at the finish line. Racers who do not return chips will be charged \$35.

RACE DESCRIPTION: You will have your choice of two separate directions to run. Up stream or down stream (towards Oil City or towards Belmar). Giving you the opportunity to race your favorite section of the Samuel Justice trail. It's your choice. Please do not be alarmed. You don't have to race the entire 32 miles of trail to take in the natural beauty of the river and woodlands around you. 2,500 meters out and back of flat, smooth, asphalt surface will do the trick.

AWARDS: will follow the 5K. Awards not picked up at the ceremony must be picked up at Shawgo Real Estate, by March 29, 2019. Overall Male & Female top 3, Top 3 male/female (14 under, 15-18, 19-29, 30-39, 40-49, 50-59, 60+)

REGISTRATION OPTIONS – Prior to March 8th, 2019

Drop-off/ send forms & fees to:

Shawgo Real Estate LLC.

Attn: 5k Race Registration

1412 Liberty Street

Franklin, PA 16323

Online at – shawgorealestate.com or by Phone- 814-437-SOLD (7653)

(Please detach and return)

PARTICIPANT REGISTRATION FORM

First Name _____ Last Name _____

Birth date _____ Age on race day _____ Gender M or F

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

Emergency Contact: Name _____ Phone _____

T-Shirt size, (please circle one) Youth or Adult & (Circle size) Small - Medium - Large - XL - XXL

Registration Fee enclosed: \$ _____

Waiver: In consideration of the acceptance of this entry, I waive myself, my heirs and assigns, all claims for damages which I might have against the race, its sponsors or any other organization, business or individual as a result of any and all injuries which might be received during the contest. I also release any photos that may involve myself, family, and friends. I have read and fully understand all information provided in this flyer.

*Participant, age 18 years or older:

Signature: _____ Date: _____

*Name & Signature of Parent if participant is under age 18.

Signature: _____ Date: _____