



Proudly Present: 2009



On-Line Registration: www.raceforum.com/PCF5K

Event Info: Frank Kelly at (267) 424-0981

PALISADES 5K CHALLENGE & 1 MILE COMMUNITY WALK

Saturday, May 2, 2009 • Palisades High School, Kintnersville, PA

RUNNERS & WALKERS INVITED — "A Family Affair" - Moms, Dads & Kids! All Welcome.

- Time: Registration starting at 7:30am — Run/Walk Starts at 9:00am
Course: Rolling country roads finishing on the Palisades HS All-Purpose Track
Distance: 5K Run / 1 Mile Walk
Benefits: Palisades HS All-Purpose Track and Youth Athletic Development.

First 400 entrants receive a high quality custom tee shirt

- Accurate 5K course, Awards Ceremony, Ample Parking, Prompt Results, Great refreshments after you finish, Timing by Dick Fitch

5K Awards

Cash Prizes of \$150, \$75, \$25 to Overall Top 3 Males & Females

Running Trophies to Top 3 Males & Females in each Age Group:

11 & under, 12-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & Over.

All runners from Palisades' Area Elementary Schools will be recognized via awards ceremony

1 Mile Awards

Trophies to Top 3 Males and Females

Fees & Registration

Table with 4 columns: Activity, Fee (By April 22), Fee (Race Day), and Family Max. Rows include 5K Run/Walk and 1 Mile Walk.

To register complete the form below. Make checks payable to "Palisades Community Foundation" PO Box 521, Ottsville, PA 18942

2009 PALISADES 5K CHALLENGE - return prior to 4/22 for Pre-Registration Discount (one form per person/please print)

Registration form fields: Name, Address, City, State, Zip, Phone #, Optional Donation, Tee Shirt size, Event selection (5K/1Mi), Fee, and Name of Palisades Area Elementary School.

In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, waive and release all rights and claims for damages I may have against the Palisades Community Foundation, its officers, members, sponsors, organizers, coordinating groups and individuals associated with this event...

Signature (Parent's if under 18) _____ Date: _____