



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

Event Info:
Jen Hooper at
info@pcfnow.com

PALISADES 5K CHALLENGE & 1 MILE COMMUNITY WALK

Saturday, May 1, 2010 • 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

	By April 22	Race Day	Family Max:		By April 22	Race Day
5K Run/Walk:	\$20	\$25	3 or more people	1 Mile Walk:	\$10	\$15
Family Max:	\$40	\$50	from same family	Family Max:	\$25	\$30

To register please go to www.raceforum.com/PCF5K for quick, & easy on line registration at no additional charge!

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

2010 PALISADES 5K CHALLENGE - return prior to 4/22 for Pre-Registration Discount (one form per person/please print)

Name _____ M ___ F ___ Age _____ Event 5K ___ 1Mi ___
 Address _____ Fee: \$ _____
 City _____ State _____ Zip _____ Phone # _____ Optional Donation: \$ _____
 Name of Palisades Area Elementary School _____ Tee Shirt: S ___ M ___ L ___ XL ___ XXL ___ XXXL ___

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 and will hold them harmless from any injury suffered in this event. Also, none of the above are responsible for the loss of personal items nor any other form of aggravation in connection with said event. I understand that road racing is a potentially hazardous activity. I verify that I am physically fit to participate in this event. In addition, I grant permission to all of the foregoing to use any photographs, motion pictures, videos or any other recordings of this event for reporting, advertising or any other legitimate purpose without written or verbal consent.

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