

Burgh's Pizza & Wing Pub

10th Annual 5K & 10K RUN & 2 MILE WALK

for family, friends & fun

Benefit of the Montour Trail
Sunday, April 25, 2010

START TIMES

5K Run 9:15 a.m.
10K Run 10:00 a.m.
2 Mile Fun Walk 10:15 a.m.

Registration/Package pickup

Pre-registered packet pickup and walk-in entries will be available April 24, 2010 from 1:00-4:00 p.m. at Burgh's Pizza & Wing Pub, 533 Washington Ave., in the heart of downtown Bridgeville.

You can also register at Cecil Park on race day. Registration for the 5K Run starts at 8:00 a.m. and closes at 9:00 a.m. Registration for the 10K Run and 2 Mile Walk starts at 8:45 a.m. and closes promptly at 9:45 a.m.

Refreshments

Water will be provided to participants during the race.

POST-RACE PARTY

After the race, awards and doorprizes will be presented in Cecil Park. Also, food, water and beer will be provided by Sysco Foods of Pittsburgh, Green Grocer, DeBlasio Beverage and Coca-Cola and entertainment will be provided by DJ Pete.

Location of Race

The 5K & 10K Runs will start in Cecil Park and proceed onto the Montour Trail.

Cecil Park is located 15 minutes from Pittsburgh in Cecil, Pennsylvania. Take I-79 to Bridgeville, Exit 54. Make a left onto Route 50 West and proceed for approximately 6.5 miles to Cecil Park.

The course is USA Track & Field certified.



Entry Fees

	BEFORE April 11	AFTER April 11
5K and 10K Run		
Individual race	\$22	\$27
Both races	\$27	\$32
2 Mile Walk		
Adults	\$22	\$27
Children under 12	\$10	\$13

NO REFUNDS

For further information, you can email us at dailyenterprise@hotmail.com or go to www.active.com on the web.

AWARDS

Special Awards for 10K Run will be given to the top three male and female finishers:

1st Place	\$300
2nd Place	\$200
3rd Place	\$100

Awards for the 5K Run will be given to the top three male and female overall finishers.

Age Group Awards will be given to the top three male and female winners in the following categories:

14 & under, 15-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & over.

Corporate Partners

COMMELEC, INC.

Commercial/Industrial Electrical Contractors

DeBLASIO BEVERAGE

Wilson-McGinley, Inc.

Burgh's Pizza & Wing Pub

10th Annual 5K & 10K Run & 2 Mile Walk

OFFICIAL ENTRY FORM

NAME _____
(PLEASE PRINT)

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE (____) _____

EMAIL _____

Age as of April 25, 2010: _____

Sex: M F

Event: 5K Run 10K Run 2 Mile Walk
 5K Run and 10K Run

Shorts Size: XS S M L XL
(LIMITED QUANTITY AVAILABLE)

WAIVER: In consideration of the acceptance of this entry, I waive for myself, my heirs, and assigns, all rights and claims for damages which I might have against the Burgh's Pizza & Wing Pub 5K & 10K Run and 2 Mile Walk for Family, Friends & Fun to be held Sunday, April 25, 2010, Burgh's Pizza & Wing Pub, The Montour Trail Council, other sponsoring organizations, businesses, or individuals as a result of any and all injuries suffered by me in that event. I attest and verify that I am an amateur and physically fit and have trained sufficiently for this event. I also release any photos that may involve myself.

SIGNATURE _____

If under 18, parent or guardian must sign below:

SIGNATURE OF PARENT OR GUARDIAN _____

Make checks payable to:
BP&WP 10K Montour Trail
(Please do not send cash)

Mail to: BP&WP 10K Montour Trail
P.O. Box 565
Bridgeville, PA 15017

Register on-line at www.active.com



RoundUp ReRun 5K/10K Race – Walk or Run!

Warning: This could be fun AND good for your health!!!

DATE: SATURDAY APRIL 24, 2010 (rain or shine)

SALEM LUTHERAN CHURCH, DELMONT PA

- Event** A timed run/walk 5K/10K race around Delmont for anyone who wishes to compete for fun, prizes, or just to get out in the fresh air. **Certification pending!**
- Where** Race begins at Salem Lutheran Church, continues through Delmont, and finishes back at Salem. Race Route and directions at www.SalemDelmont.org
- Packet Pickup** Salem Lutheran Church - April 23 5:30 PM - 7:00 PM or Race Day at 8:00 AM
- Time** **RACE DAY REGISTRATION:** Begins at 8:00 AM
RACE TIMES: Runners 9:00 AM Walkers 9:02 AM
Awards Ceremony Following Race

***** IMPORTANT: IF YOU PLAN TO RUN AND WALK, YOU MUST REGISTER AS A RUNNER**

Entry Fee \$15 per participant if postmarked by April 10, 2010
\$20 per participant if postmarked after April 10, 2010
For Group Rates email: jobebros@earthlink.net

Fee includes a T-shirt if postmarked by April 10.

Awards
Runners: Top 3 Male 10K/Top 3 Female 10K overall
Top 3 Male 5K/Top 3 Female 5K overall
Walkers: Top 3 Male/TopFemale overall
Awards will be posted on the website as we get closer to Race Day.
Top 2 in each age group: 1-13, 14-16, 17-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and up.

Timing Service All participants are timed. Chips provided for Runners, bibs for Walkers.
\$30 fee for chips not returned at finish line.

POST RACE REFRESHMENTS!

Registration Form

In consideration for the acceptance of my entry, I, do hereby release and discharge the town of Delmont, Pennsylvania and all sponsors or officials for all claims arising or growing out of my participation in the RoundUp ReRun 5K/10K. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event.

Name: _____ (circle one) **Male Female**

Address: _____

Email: _____

Phone: _____ Birthdate: ____ / ____ / ____

Race Selection (circle one) **10K Runner 5K Runner 5K Walker (NO RUNNING)**

T-shirt Size (circle one) **ADULT S M L XL XXL(add \$2.00)**

CHILDREN S M L

T-shirts are guaranteed only for walkers or runners whose applications are postmarked by April 10th.

Signature: _____

Parent/Guardian if under 18: _____
Make check payable to Salem Youth and Family

Please mail application and check to:
RoundUp ReRun
1904 Route 819
Greensburg, PA 15601