



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