

HILLER 5K RUN/WALK

Saturday ~ September, 7th 2019 (Rain or Shine)

Mingo Park - Shelter 2 Start Line

Proceeds will benefit the Trinity Hillers Cross Country Team and Charity of the Senior Runners choice

Course Information:

Check in and registration.....7:30

5K Run/Walk.....8:15

Awards for Overall/ Age Group Runners:

Awards: 1st, 2nd & 3rd overall; 1st, 2nd & 3rd male/female overall time

Registration:

By Mail: Attn: Trinity Cross Country Boosters

1220 Willowbrook Drive Washington, PA 15301

Online: signmeup.com

* Make checks payable to Trinity Cross Country Boosters_

5K Run/ Walk..... \$25

* All entrants will receive a t-shirt. Race day registration t-shirts will be first come first serve basis.

Contact Information: Natalie Momplaisir 724-207-0507 or email at trinityhillersxc@gmail.com

Trinity Cross Country 5K / Fun Run ~ Registration Form

First Name: _____ Last Name: _____

Age: _____ Gender: M/F Shirt Size: Y-M; Y-LG; AS; AM; AL; AXL

Address: _____ City: _____

State: _____ Zip: _____ Email: _____

Phone: _____

Waiver: I understand that running a 5K race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of the weather (including rain and cold weather), traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of the acceptance of my entry, I for myself, and anyone entitled to act on my behalf, waive and release Trinity Cross Country, race officials, volunteers and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature (Parent if under 18) ALL PARTICIPANTS MUST SIGN ENTRY FORM

Date