

14TH ANNUAL
BOB SWANSON MEMORIAL
5K/ 2MILE WALK/ 1MILE FUN RUN
SATURDAY AUGUST 7, 2010 9:00 AM
MOUNT JEWETT, PENNSYLVANIA
AWARDS TO THE TOP
FEMALE/ MALE FUN WALK +
1 MILE FUN RUN
5K 1ST FEMALE/ MALE OVERALL

PLENTY OF DOOR PRIZES
ONE OF THE AREA'S BEST ROAD RACES "COME SEE WHAT IT'S ALL ABOUT"
PLAN ON COMING TO OUR POST PICNIC AFTER THE RACE FESTIVITIES
LIMITED TO 6151 PARTICIPANTS, SO REGISTER SOON
MOTEL ROOMS: LANTZ CORNERS GETAWAY 814-778-5391
FAST, HILLY, SCENIC, FRESH AIR COURSE!!!!

EACH YEAR WE MAKE A \$100 DONATION TO A CHARITY OF OUR CHOICE
\$10 ENTRY FEE INCLUDES A T-SHIRT TO THE FIRST 85 PARTICIPANTS.
AWARDS PRESENTED TO THE FIRST AND SECOND MALE AND FEMALE IN THE 5K
AGE GROUP CATEGORIES. REGISTRATION AND CHECK IN FOR ALL
5K / WALKERS / 1 MILE RUN WILL BE 7:30 TO 8:45 AM AT MY SISTER'S PLACE
(STARTING POINT OF THE RACE) ON RACE DAY
I HEREBY WAIVE AND RELEASE ALL RIGHT FOR CLAIM DAMAGE OR
SUIT I MAY HAVE AGAINST MT. JEWETT BOROUGH AND OTHER
OFFICAL OR SPONSER OF THE BOB SWANSON 5K RUN TO BE HELD ON AUGUST 72010

5K RUN____ 2MILE WALK____ 1 MILE RUN____

****THE BELOW MUST BE COMPLETED, PLEASE PRINT****

SIGN____ SEX____

NAME____ PHONE____

FULL ADDRESS____

SHIRT SIZES ADULT MED__ LG__ XLG__ (CHECK ONE)

5K AGE CATEGORIES: 18 & UNDER__ 19 TO 29____
30 TO 39__ 40 TO 49____ FEMALE 50 & OVER____
MALE 50 to 59____ 60 & OLDER____

MAIL TO: BOB SWANSON 5K RUN C/O SCOTT SMITH
BOX 306 MT. JEWETT, PA 16740
PHONE: 814-778-5399 OR 814-778-5940 E-MAIL KIRBYP@VERIZON.NET