12th Annual
Griffin 5K Run and Walk
Sullivan County, Pennsylvania

All proceeds benefit Sullivan County High School Athletic Teams

Date: Saturday, August 7, 2010

Time: 8 a.m. Race Day Registration; 10 a.m. Race Begins

Fee: $14.00, includes a tee-shirt to first 100 registered

Location: Lake Mokoma, Laporte, PA
Race day registration is at Lake Mokoma Beach Parking Lot (Look for signs)

Course: 3.1 miles, relatively flat course around scenic Lake Mokoma
The course varies from pavement, gravel, and trail

Medical: Emergency medical services are provided

Awards: Trophies for overall:
Male: 1st, 2nd, and 3rd
Female: 1st, 2nd, and 3rd

Medals for the top three male and female finishers in the following age groups:
12 and under; 13-16; 17-39; 40 and over

Refreshments: Water stop at halfway point. Refreshments will be provided at finish.

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Return pre-registration to: Lea Stockdill
P.O. Box 45
Laporte, PA 18626

Name:_____ Age:_____ Sex: M/F Date of Birth:_____

Street Address:_____ City:_____State:_____Zip:_____

T-Shirt Size: S___M___L___XL___

*Please enclose **$14.00** with registration. Checks should be made payable to **SCHS Athletic Booster Club***

In consideration of the acceptance of entry, I, intending to legally bound, do hereby, for myself, my personal representative and heirs, WAIVE, RELEASE, AND DISCHARGE any and all rights and claims which I may have or which may hereafter accrue to me against the Lake Mokoma Association, the Lake Mokoma Association Board of Trustees, the individual property owners around Lake Mokoma, the Sullivan County High School Athletic Booster Club, and the Griffin 5K officials, for any and all injuries or losses suffered by me while participating in and any traveling to and from this event. Furthermore, I am aware that running in an event such as this is physically demanding and that I have trained sufficiently for this event.

_____
Signature/date; if under 18, parent/guardian must sign