



# "Jailbreak 5k" Run / Walk

a 3.1 mile course utilizing paved and gravel roads  
on the Federal Prison Complex In Allenwood, PA

**Saturday - June 12, 2010**

**8:00 am Start, (7:00 am Registration)**

**at the F.C.C. Allenwood Training Center**

Sponsored by the FCC Allenwood Correctional Workers' Week Committee

**\$12.00 Early Registration Fee By June 4<sup>th</sup>**

**\$15.00 Registration On Race Day**

Awards will be given in the following categories:

1<sup>st</sup> overall male and female finishers

1<sup>st</sup> finishers in the following age groups:

19 and under / 20 - 29 / 30 - 39 / 40 - 49 / 50 - 59 / 60+

All Pre-registered Runners Will Receive A "Jailbreak 5k" Run Shirt  
(Race Day Entrants While They Last) and Light Refreshments Will Be Provided

*This Form May Be Faxed To:*

*Dave Fogelman (570) 547-0357*

*(\$12.00 Fee Due Race Day - MUST Be Received Prior To 6/04/2010)*

*Or Mailed To:*

*F.C.C. Allenwood*

*c/o Dave Fogelman*

*P.O. box 1500 White Deer, PA 17877*

*Make Checks Payable To: C.W.W.C.*

NAME: \_\_\_\_\_ Age On Race Day: \_\_\_\_\_

Shirt Size (please circle) - S, M, L, XL, XXL

In consideration of this entry being accepted, I hereby for myself waive and release any and all rights and claims for damage that I may have against the Federal Bureau of Prisons, Warden, the 5k Run Directors of F.C.C. Allenwood, its agents, representation, or successors, and assigns for any injuries suffered or property damage by me or team directly or indirectly as a result of this event.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

Guardian's signature (if participant is under 18): \_\_\_\_\_