

LAKE CAREY VOL.FIRE CO.

ADMIRAL STARK 5K RUN

The annual running of the Lake Carey Volunteer Fire Company's Admiral Stark 5K Run will be held on Saturday, July 10, 2010 at 6:30 PM.

Awards to the first overall male and female. Awards will go three deep in the following age groups: 12 and under, 13 to 19, 20 to 29, 30 to 39, 40 to 49, 50 to 59, and 60 and above. No duplication of awards.

Registration will be held from 5:00 PM until race time at the Lake Carey Fire House. Registration fee will be \$15.00 with a tee shirt guaranteed to first 100 runners.

Questions and pre-registrations may be directed to:

**Lake Carey Volunteer Fire Company
18 SR 1007
Tunkhannock, PA 18657
(570) 836-2355 (Leave Message)
e-mail - lkcareychf@hotmail.com**

Make checks payable to: Lake Carey Vol. Fire Co.

In signing this entry I, for myself, my heirs, lawyers, executors, and administrators waive and release any and all rights and claims for personal damages I may have against the sponsors of the race. I hereby certify that I am physically fit and have trained for this event.

Name: _____ **Age** _____

Address: _____ **Sex:** M F

_____ **Shirt:** s m l xl

Signature: _____

Parent if under 18: _____