



1st Annual Catholic Youth Back Mountain Fall 5K Run

October 15th 2011

Start Time: 9:30 a.m. @ Gate of Heaven Parish,
Dallas, PA

Benefit: Back Mountain Parishes Catholic Youth Group
First 100 participants to sign up get a commemorative t-shirt!

Trophies for: 1st place male and female runner/1st place male and female walker
Age group medals (1st & 2nd in each category)

Categories:

Men		Women	
14 & Under		14 & Under	
15-19	40-49	15-19	40-49
20-29	50-59	20-29	50-59
30-39	60+	30-39	60+

Fee: \$15 Early Registration (Must be postmarked by October 1st, 2011)
\$20 thereafter until race day

Course Description: The run is a scenic course that follows quiet back roads with rolling hills in the Dallas area, showcasing some beautiful fall foliage and views!
Post-Race party with refreshments!

If pre-registering, make checks payable to Back Mountain Catholic Youth and mail to:
Gate of Heaven
40 Machell Ave
Dallas, PA 18612-1611

Name: (Print Please) _____
Address: _____ City: _____ Zip: _____
Phone: _____ Date of Birth: ____/____/____
Race Day Age: _____ Male Female (Circle)

Race: 5K RUN or WALK Shirt Size: Youth S M L ADULT S M L XL

By signing this entry form I, for myself, my heirs, lawyers, executors and administrators waive and release any and all rights and claims for any personal damages I may have against the sponsors of this race, including any parishes in the Diocese of Scranton and the Diocese of Scranton itself, and I will not hold any individual representatives of the Diocese liable for damages. I hereby certify that I am physically fit and have trained for this 5k run/walk event. I also give permission to the Back Mountain Senior High Youth Group to use my name and/or picture without compensation for press releases.

Signature _____ Date: _____

Signature of Parent for participant under 18 years old: _____