



5K Fall Foliage Run

1st Annual

Held by the
Delaware Valley High School
Girls Basketball Team

PRIZES

Prizes Awarded Directly Following Race

- Top Overall Male and Female Runners
- Top three Runners in Each Age Category for both Males and Females
- Top Overall Male and Female Walkers

Date: 10/29/11

Time: 10:00am
Registration: 8:30 - 9:30am

Pre-register by: 10/15/11



Timed by Insta Results

Entry fees:

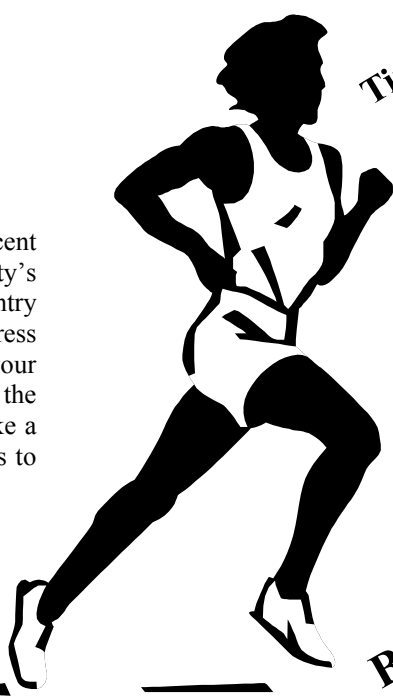
- \$12.00 for Pre-registered Runners
- \$17.00 after Oct. 15, 2011

Long sleeve T-shirts (limited to 1st 150 entrants)

Checks Payable to **DV Girls Basketball Team**

Start your morning off with a brisk run or walk past magnificent Nichecronk Lake while experiencing the beauty of Pike County's spectacular fall foliage. The course consists of a scenic cross country type course on the property of Camp Speers-Eljabar YMCA (address below). Water and refreshments will be provided as well as your chance to partake in an outstanding basket raffle. Bring along the kids as our girls basketball team will occupy them while you take a short break to exercise. There will also be a fun run for the kids to start everything off.

Need Direction to the Race?
Camp Speers-Eljabar YMCA
143 Nichecronk Road
Dingmans Ferry, PA



- Age Categories:**
- Male and Female
 - 14 and under
 - 15-19
 - 20-24
 - 25-29
 - 30-34
 - 35-39
 - 40-44
 - 45-49
 - 50 +

Basket Raffle

Mail form and entry fee to:
DV Girls Basketball
401 Corner St.
Dunmore Pa, 18512

Questions? - Contact Coach Lee
Phone: 570-498-7058
E-mail: leeg@dvsd.org

Enter Me In (check one):

Run

Walk

Name _____

Address _____

Phone _____

T-shirt Size: S M L XL

Sex _____ Age on race day _____

Waiver: In consideration of the Delaware Valley Girls Basketball Team accepting my entry, I, the undersigned and my estate, intending to be legally bound, do waive and discharge any rights to claims against the Delaware Valley School District, Camp Speers-Eljabar and any of the volunteers serving the race, for any and all injuries incurred in participation in and travel to and from the Fall Foliage 5K Run. I further affirm that I am in good health and have no preexisting ailments or conditions which could be aggravated by my participation in this event.

Signature _____ Date _____

Signature of parent or guardian if under 18 years of age. _____ Date _____

