

Taking Our Shot at Inspiring Hope: Working Together to End Diabetes

- ★ kids' activities during& after the race
- **♥** basket Raffle
- **▼** Refreshments

4th Annual 5K Run/Walk

Saturday, May 21, 2016 - 9:00 a.m.

Registration-7:30 - 8:30 a.m.

PLACE: Camp Speers YMCA

143 Nichecronk Road, Dingmans Ferry, PA

COURSE: Scenic cross-country course - Nichecronk Lake

PURPOSE: Proceeds will benefit Juvenile Diabetes Research

Foundation (JDRF)

AWARDS: Overall male and female winners; top 3 walkers; and first, second, and third place awards for both male & female winners in the following divisions:

12 & Under, 13-18, 19-29, 30-39, 40-49, 50-59, 60+

FEE: \$20 Pre-registered adults

\$15 Pre-registered students 18 & under

Via mail – checks need to be mailed by April 27

Via online - online register by May 1

\$25 Day of race registration

*Checks made out to JDRF (Juvenile Diabetes Research Foundation)

VISIT OUR WEBSITE:

Online donations, directions, online registration link, etc. http://lordic.wix.com/takingourshot

*T-shirts to all pre-registered participants and first come first serve the day of the race.

ONLINE REGISTRATION - Pre-register by May 18 online at

https://register.chronotrack.com/r/19190

To register by mail: complete the entry form, sign, and mail by May 14 to: Chris Lordi at 252 Route 6 & 209, Milford, PA 18337 Please enclose your check payable to JDRF. Questions for Leslie or Chris: call 570-351-1214 OR e-mail takingourshot5K@gmail.com

First name:	Last:	Age on race date:				Gender: Male / Female					
Street:	City:	State: Zip:			Walk or Run:						
EMAIL ADDRESS:		Circle t-shirt size: YS	ΥM	YL	S	М	L	XL	XXL	XXX	