



MetroCast Giving Back 5K Run/Walk

Saturday, April 8, 2017

RACE HEADQUARTERS: Summerhill Volunteer Fire Company, 422 Summerhill Road, Berwick

STARTING TIME: Registration 7:30 AM – 8:45 AM; Race Starts at 9:00 AM

COURSE: Start and Finish are at Summerhill Fire Company. Course comprised of rolling hills, challenging enough for experts, easy enough for walkers.

AWARDS: Trophy given to the top 3 overall. Medals for the top 3 placed in each of 14 categories for both male & female. Runners and walkers will be scored the same in age groups. (No duplication of awards.)

AGE GROUPS:	9 and Under	40-44
	10-14	45-49
	15-19	50-54
	20-24	55-59
	25-29	60-64
	30-34	65-69
	35-39	70 and up



BREAKFAST: After the race, a complimentary hot breakfast will be served to all participants.

T-SHIRTS: All participants signed up by February 28, 2017 will get a free MetroCast Giving Back 5K t-shirt. Those that sign up after February 28th are not guaranteed a t-shirt.

ENTRY FEE: Early Bird Registration by December 31, 2016 (\$20)
 Race Registration from Jan. 1-Apr. 7, 2017 (\$25)
 Day of Race Registration (\$30)
 Make Checks Payable to: MetroCast Foundation
 Mail to: 911 North Market Street, Berwick, PA 18603

For more info or to register online go to: www.MetroCast.com/5K (online registration ends 4/3/17)

Phone: 570-802-5660

Email: MetroCast5K@metrocast.com

-----DETACH HERE-----

MetroCast Giving Back 5K Run/Walk Registration Form – Please fill out and return.

In consideration of this entry being accepted, I, intending to be legally bound, on my own behalf, as well as on behalf of my successors, assigns and heirs, hereby releases, acquits and forever discharges MetroCast Foundation, MetroCast Communications and their parents, subsidiaries, affiliates and each of their representatives, owners, officers, directors, agents, assigns and employees from any and all liability arising out of my participation in the MetroCast Giving Back 5K Run/Walk. Registration fee is non-refundable.

Name _____ Male or Female (circle one) _____

Age on Race Day _____ Birth Date _____

Street _____ Phone _____

City, State, Zip _____ Shirt Size XS S M L XL 2X

Email _____ (will be used for updates/results)

Signature of Runner _____

Signature of Parent or Guardian (if under 18) _____

(Return this form to: MetroCast, 911 N. Market Street, Berwick, PA 18603 with payment)