

Mountain Energy Services Admiral Stark Memorial 5K Run/Walk Frank J. Valvano Memorial 10K

The eighth running of the Mountain Energy Services Admiral Stark Memorial 5K Run/Walk and Frank J. Valvano Memorial 10K Run will occur on Saturday, July 29th, 2017 at 8 A.M. It will be run in conjunction with the annual Lake Carey Day festivities, always the last Saturday in July. Registration begins at 6:30 a.m. at the Station 69 (Lake Carey Fire Company) pavilion.

Awards will be given to the first overall male and female in the 5K walk, 5K run and 10K run. Special Frank J. Valvano awards for first male 200 lbs. + in masters and sub masters age groups in 5K Run. Awards given to the top three finishers in the following age groups for both male and female in both the 5K and 10K runs: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59 and 60 + and first place in each age group for the walk.

5K Walk ~ Dave Talcott 24:43, Erin Talcott 23:46

5K Run ~ Chris Wadas 15:34, Kelsey Cameron 18:31

10K Run ~ Reese Ayers & Kevin Borrelli 32:48, Samantha Snead 37:52

Registration fee is \$15.00. Tee shirts guaranteed to the first one hundred registered contestants.

Direct questions to: Leigh Sickler (570) 836-1061 or lehigh.vrr62@gmail.com

Send pre-registrations to: Leigh Sickler, 226 Singer Rd, Springville, PA 18844

Make checks payable to: **Lake Carey Volunteer Fire Company**

The 5K run/walk goes basically around Lake Carey once while the 10K goes basically around the lake twice.

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 _____

Circle one in each area. **Sex:** M F **Event:** 5K run 5K walk 10K run Donation **Shirt:** s m l xl

Signature _____

Parent signature if under eighteen _____

5K run or walk & 10K run ~ Lake Carey Saturday, July 29th, 2017