

19th Annual Griffin 5k Run and Walk

Sullivan County, Pennsylvania

* All proceeds benefit the Sullivan County High School Athletic Teams.

- Date: Saturday, August 5, 2017
- Time: Race day registration will be held 7:30 a.m. – 8:30 a.m.; 9:00 a.m. race begins
- Fee: \$20.00 pre-registered, includes a t-shirt if registered before July 17th
\$15.00 Sullivan County students registered by July 17th
\$25.00 Day of race
- Location: Lake Mokoma, Laporte, PA
Race starts at Lake Mokoma Beach Parking Lot (look for signs)
- Course: 3.1 miles, relatively flat course around scenic Lake Mokoma on pavement, gravel, and trail surface.
- Medical: Emergency Medical Services Provided
- Awards: Trophies for Overall:
Female: 1st place
Male: 1st place
- Medals for the top three male and female finishers in the following age groups:
12 & under; 13-19; 20-29; 30-39; 40-49; 50-59; 60 and over.
- Refreshments: Water stop at halfway point. Refreshments will be provided at finish.

Return pre-registration to: Sullivan County H. S. Athletic Booster Club
c/o Tina Saxe
14782 Route 87
Dushore, Pa 18614

Name: _____ Age: _____ Sex: M / F Date of birth: _____
Address: _____ City: _____ State: _____ Zip: _____
Email: _____ T-Shirt Size: S ___ M ___ L ___ XL ___

*Please enclose fee with registration. Checks should be made out payable to SCHS Athletic Booster Club.

In consideration of the acceptance of entry, I, intending to legally bound, do hereby, for myself, my personal representative and heirs, WAIVE, RELEASE, AND DISCHARGE any and all rights and claims which I may have or which may hereafter accrue to me against the Lake Mokoma Association, the Lake Mokoma Association Board of Trustees, the individual property owners around Lake Mokoma, the Sullivan County High School Athletic Booster Club, and the Griffin 5K officials, for any and all injuries or losses suffered by me while participating in and any traveling to and from this event. Furthermore, I am aware that running in an event such as this is physically demanding and that I have trained sufficiently for this event.

Signature / date; if under 18, parent / guardian must sign

Posted at NEPARunner.com 6/6/17