

FALL FOLIAGE 5K RUN/WALK

The first running of the Fall Foliage 5K Run/Walk will occur on Saturday, October 21st, 2017 at 10 a.m. Registration begins at 8:30 a.m. at the Station 69 (Lake Carey Fire Company) pavilion. Run benefits both Marley's Mission and Seven Loaves Soup Kitchen.

Awards will be given to the first overall male and female in the 5K walk and 5K run. Awards are also given to the top three finishers in the following age groups for both male and female in the 5K run: 19 and under, 20-29, 30-39, 40-49, 50-59 and 60+ and first place in each age group for the 5K walk.

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

Direct questions and send pre-registrations to:

Lorie Gowin
c/o Meshoppen Stone Inc
Po Box 127
Meshoppen PA 18630.
570-833-0119
lorieg@meshoppenstone.com

Make checks payable to: Fall Foliage 5K

The 5k run/walk goes basically around Lake Carey once.

In signing this entry I, for myself, my heirs, lawyers, executors, and administrations 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 on in each area. **Sex:** M F **Event:** 5K run 5K walk **Donation Shirt:** S M L XL

Signature _____

Parent signature if under eighteen _____

Posted at NEPARunner.com 9/2/17

5K run or walk ~ Lake Carey, PA
Saturday October 21st, 2017