



# Conquer the Mountain!

## Proceeds will benefit Liz Supkowski

**When: November 4, 2017**

**Where: Wright Township Park, Mountain Top PA**

**Entry Fee/Registration**

**Entrants:** Registrations must be postmarked by October 18th. Fee: \$25 \*T-Shirt guaranteed when registered by October 18th. After October 25th, registration fee is \$30. Registration will be 7:30-8:30 the day of the race.

**Make checks payable to: Rotary Club of Mountain Top.**  
**Mail to: Rotary Club of MountainTop, PO Box 244, Mountain Top, PA 18707**

**More Info**

Contact Nicole Cooper at [nicu82@gmail.com](mailto:nicu82@gmail.com) or Jo Gulvas [pinkbeelief@gmail.com](mailto:pinkbeelief@gmail.com)

**Course Description**

The race will start and finish at the Wright Township Park. The 5K course is a loop course all within Wright Township. For runners' safety: NO strollers, pets, bikes, or roller blades permitted.

**Age Groups and Awards**

5K overall male and female awards for first place. Medals will be awarded to MALE and FEMALE runners in 5 year age groups. Walk awards will go to top 5 Male and Female finishers.

**Why**

*Mountain Top Rotary is donating the proceeds to Liz Supkowski. She is a Crestwood student battling cancer for a second time. This benefit is to help her family with the large cost of travel and medical expenses.*

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NAME: \_\_\_\_\_ Phone: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ E-mail: \_\_\_\_\_

CITY : \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE : \_\_\_\_\_

DATE OF BIRTH: \_\_\_ / \_\_\_ / \_\_\_\_\_ AGE ON RACE DAY \_\_\_\_\_ EVENT: 5K RUN \_\_\_; 5K WALK \_\_\_\_\_,

SEX: MALE \_\_\_ FEMALE \_\_\_ SHIRT SIZE, CIRCLE ONE: Adult Small | Adult Medium | Adult Large | Adult XLG

In consideration of your accepting this entry, I, the below signed, intending to be legally bound, for myself, my heirs, my executors and administrators, waive and release and any all rights and claims for damages I may have against the race, and sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest that I will participate in this event as a footrace, that I am physically fit and sufficiently trained for the completion of this event. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs and any record of this event in which I may appear for any legitimate purpose, including advertising and promotion.

\_\_\_\_\_  
Signature, Parent or Guardian if under 18 years of age. DATE \_\_\_/\_\_\_/\_\_\_\_\_

Note: Online registration will be available.

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