



*Taking Our Shot at Inspiring Hope:  
Working Together to End Diabetes*

- ♥ kids' activities during & after the race
- ♥ basket Raffle
- ♥ Refreshments

## 6th Annual 5K Run/Walk

Saturday, May 19, 2018 – 9:00 a.m.

Registration– 7:30 - 8:30 a.m.

**PLACE:** Camp Speers YMCA  
143 Nichecronk Road, Dingmans Ferry, PA

**COURSE:** Scenic cross-country course – Nichecronk Lake

**PURPOSE:** Proceeds will benefit  
Juvenile Diabetes Research Foundation (JDRF)

**AWARDS:** Overall male and female winners; top 3 walkers;  
and first, second, and third place awards for both male & female  
winners in the following divisions:  
12 & Under, 13-18, 19-29, 30-39, 40-49, 50-59, 60+

**FEE:** \$20 Pre-registered adults  
\$15 Pre-registered students 18 & under  
Via mail – checks need to be mailed by May 13  
Via online – online register by May 17  
\$25 Day of race registration  
*\*Checks made out to JDRF (Juvenile Diabetes Research Foundation)*

**VISIT OUR WEBSITE:**  
Online donations, directions, online registration link, etc.  
<http://lordic.wix.com/takingourshot>  
\*T-shirts to pre-registered participants (by May 8) and first  
come first serve the day of the race.

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**ONLINE REGISTRATION - Pre-register by May 17 online at**

**[www.racemenu.com/157243](http://www.racemenu.com/157243)**

To register by mail: complete the entry form, sign, and mail by May 13 to: Chris Lordi at 125 Independence Drive, Milford, PA 18337  
Please enclose your check payable to JDRF. Questions for Leslie or Chris: call 570-351-1214 **OR** e-mail [takingourshot5K@gmail.com](mailto:takingourshot5K@gmail.com)

First name: \_\_\_\_\_ Last: \_\_\_\_\_ Age on race date: \_\_\_\_\_ Gender: Male / Female

Street: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Walk or Run: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_ Circle t-shirt size: YS YM YL S M L XL XXL XXXL

*If you are not registering online, you will be required to sign a waiver the day of the race.*