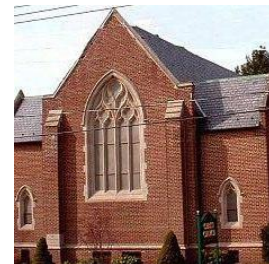


Conyngham UCC First Annual "Raise the Roof" 5K Run/Walk Saturday July 7, 2018 at 8:00am



Registration begins at 7am at Valley Elementary
School: 79 Rock Glen Road Sugarloaf, PA 18249

Race Location and Course Description:

Valley Elementary: The course consists of two loops around the school's property. It consists of trail running and open field running, with the entire run on grass. There are some gradual downhill and one uphill that runners will go up twice. The majority of the course is relatively flat which makes it friendly for first time runners and an opportunity for experienced runners to go for a personal record.

Awards:

All runners will receive a medal made from the old slate roof.
Top 3 overall Male & Female 5K runners will receive an additional award.

Proceeds:

Conyngham UCC Roof Fund

Entry Fee:

\$20.00 pre-entry if received by July 1, 2018. \$25.00 fee race day.
*Guaranteed T-shirts to all registered participants if post-marked by June 1, 2018

Make checks payable to: Christ United Church of Christ
Mail application and check to: Conyngham UCC PO BOX 187 Conyngham, PA 18219-0187 RE: 5K
Contact Information: Lynn Eckrote - 570-578-6610 or e-mail lacri@ptd.net

Refreshments: Post-race refreshments will be served.

-----DETACH HERE-----

Name	
Street Address	
City ST ZIP Code	
Home Phone	
E-mail Address	
Age on 7/7/18	
Shirt size (circle one)	Sm M L XL XXL (Adult sizes only)

Waiver (MUST BE SIGNED)

In consideration of your accepting this entry, I, the below signed, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waiver and release any and all rights and claims for damages I may have against the race, sponsors, and/or 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 _____

Date _____

Parent or Guardian if under 18 _____

*No refunds will be issued for any reason