



# 4K RUN/WALK & FUN RUN

FRI. EVE. JULY 20, 6PM

CHRIST LUTHERAN CHURCH  
MAIN ST. CONYNGHAM, PA.

CELEBRATING OUR 200TH ANNIVERSARY

NO ENTRY FEE FOR RACE

NON-PERISHABLE FOOD/CASH DONATED  
TO VALLEY & BLACK CREEK FOOD PANTRIES

COURSE-- DOUBLE LOOP ON ROADS & GRASSY FIELDS

AWARDS: 1ST MALE & FEMALE OVERALL--1ST MALE & FEMALE CHURCH MEMBER

TOP 3-- MALE & FEMALE---UNDER 15---16-19---20-29---30-39---40-49---50-59---60-69

MALE---70+ PLEASE NOTE-SEND RELEASE FOR SCORING & PLANNING

FOR THE POST RACE PARTY

ENTRY FORM--MAIL TO FRANK GAVAL-369 TURKEY PATH RD. SUGARLOAF, PA. 18249-CALL 570-7884219

E-MAIL --BARBI23@PTD.NET----- CHURCH MEMBER please check \_\_\_\_\_

NAME \_\_\_\_\_ AGE \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_

ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_

IN CONSIDERATION OF THE ACCEPTANCE OF MY ENTRY, I FOR MYSELF, MY EXECUTORS, ADMINISTRATORS  
& ASSIGNS, DO HEREBY RELEASE & DISCHARGE CHRIST EVANGELICAL LUTHERAN CHURCH, INSTARESULT  
BORO OF CONYNGHAM, SUGALOAF TWP, ANY & ALL LAND OWNERS ON THE RACE COURSE, FROM ALL  
CLAIMS, OR DAMAGES, DEMANDS, ACTIONS IN THIS EVENT. I AM PHYSICALLY TRAINED TO PARTICIPATE  
IN THIS EVENT

SIGNATURE OR GUARDIAN -----DATE