



20th Annual GRIFFIN 5K RUN/WALK

All proceeds benefit the Sullivan County High School Athletic teams

Date: Saturday, August 4, 2018

Time: Race day registration will be held 7:30 AM – 8 AM; 9 AM race begins

Fee: \$20.00 pre-registered, includes a t-shirt if registered before July 8, 2018
\$15.00 Sullivan County High School/Elementary Students registered before July 8, 2018
\$25.00 for everyone on the day of the race or received after July 8, 2018

Location: Lake Mokoma, Laporte, Sullivan County, Pennsylvania
Race starts at Lake Mokoma Beach Parking Lot (look for signs)

Course: 3.1 miles, relatively flat course around scenic Lake Mokoma on pavement, gravel and trail surfaces.

Medical: Emergency Medical Services will be on-site

Awards: Trophies for Overall Winner:
Female: 1st Place
Male: 1st Place

Medals for top three male and female finishers in the following age groups:
12 & under; 13-19; 20-29; 30-39; 40-49; 50-59; 60 and over.

Refreshments: Water stop at the halfway point. Refreshments will be provided at the finish as well.

Return pre-registration to: Sullivan County High School Athletic Booster Club
C/O Crystal McCusker
8324 Route 220
Dushore, PA 18614

Name: _____ Age: _____ Sex: Male or Female Date of Birth: _____

Address: _____ City: _____ State: _____ Zip: _____

E-Mail: _____ T-Shirt Size: S _____ M _____ L _____ XL _____

Please enclose fee with registration. Checks should be made payable to: SCHS Athletic Booster Club.

In consideration of the acceptance of entry, I, intending to legally bound, do hereby, for myself, my personal representative and heirs, WAIVE, RELEASE, AND DISCHARGE any and all rights and claims which I may have or which may hereafter accrue to me against the Lake Mokoma Association, the Lake Mokoma Association Board of Trustees, the individual property owners around Lake Mokoma, the Sullivan County High School Athletic Booster Club, and the Griffin 5K officials, for any and all injuries or losses suffered by me while participating in and any traveling to and from this event. Furthermore, I am aware that running in an event such as this is physically demanding and that I have trained sufficiently for this event.

Signature and Date; if under 18, a parent or guardian must sign