



ATLANTIC[®] b r o a d b a n d GIVING BACK 5K

Saturday, April 27, 2019

The 2019 5K proceeds will go to local Veterans through the Wilkes-Barre VA Hospital.

RACE HEADQUARTERS: Summerhill Volunteer Fire Company, 422 Summerhill Road, Berwick

STARTING TIME: Registration 7:30 AM – 8:45 AM; Race Starts at 9:00 AM

COURSE: Start and Finish are at Summerhill Fire Company. Course comprised of rolling hills, challenging enough for experts, easy enough for walkers.

AWARDS: Trophy given to the top 3 overall. Medals for the top 3 placed in each of 14 categories for both male & female. Runners and walkers will be scored the same in age groups. (No duplication of awards.)

AGE GROUPS:	9 and Under	20-24	35-39	50-54	65-69
	10-14	25-29	40-44	55-59	70 and Up
	15-19	30-34	45-49	60-64	

BREAKFAST: After the race, a complimentary hot breakfast will be served to all participants.

T-SHIRTS: All participants signed up by March 20, 2019 will get a free Giving Back 5K t-shirt. Those that sign up after March 20th are not guaranteed a t-shirt.

ENTRY FEE: Early Bird Registration by December 31, 2018 (\$20)

Race Registration from January 1st – April 26th (\$25)

Day of Race Registration (\$30)

Make Checks Payable to: CSCF (Central Susquehanna Community Foundation)

Mail to: Atlantic Broadband 5K, 911 North Market Street, Berwick, PA 18603

For more info or to register online go to: RunSignUp.com/AtlanticBroadband5K

(online registration ends 4/25/19)

Phone: 570-802-5660

Email: GivingBack5K@atlanticbb.com

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

Atlantic Broadband Giving Back 5K Run/Walk Registration Form – Please fill out and return.

In consideration of this entry being accepted, I, intending to be legally bound, on my own behalf, as well as on behalf of my successors, assigns and heirs, hereby releases, acquits and forever discharges Atlantic Broadband and their parents, subsidiaries, affiliates and each of their representatives, owners, officers, directors, agents, assigns and employees from any and all liability arising out of my participation in the Atlantic Broadband Giving Back 5K Run/Walk. Registration fee is non-refundable.

Name _____ Male or Female (circle one) _____
 Age on Race Day _____ Birth Date _____
 Street _____ Phone _____
 City, State, Zip _____ Shirt Size XS S M L XL 2X
 Email _____ (will be used for updates/results)
 Signature of Runner _____
 Signature of Parent or Guardian (if under 18) _____

(Return this form to: Atlantic Broadband 5K, 911 N. Market Street, Berwick, PA 18603 with check made payable to: CSCF)