

The 9th Annual Valley Day Great 8 & 5K Races

Saturday Aug 3rd, 8:00am Registration @7:00 am

CVCO John and Ruth Gould Rec Center, Main Street, Conyngham Course: Out & Back, scenic with hills, expert timing, traffic control, fluid stations. This is not a closed course. T-shirts first 150 registered. Awards: Overall M/F, Top 3 in 12-14, 15-16, 17-18, then top 3 in 5yr age groups beginning with 19---24 thru 70+.

Walkers are welcome in the 5K!! Awards to the top 3 walkers!

Entry Form:

___ 8MILE Pre \$25 (7/27/2019) Post/Day of \$30

___ 5K \$20 (7/27/2019) Post/Day of \$25 *****Please circle: WALK / RUN

Name _____ Ph# _____ Email _____

Address _____ Zip Code _____

Age as of: 8/03/2019 _____ DOB _____ Sex M F Shirt: S M L XL 2XL

Emergency Contact Name and Phone #

If necessary, I hereby authorize the above---named runner to be treated by any qualified, licensed and medical personnel. I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to safely complete the run. I assume all risks associated with running in this event including but not limited to falls, contact with other participants, the effects of weather, traffic conditions of the road, and such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act of my behalf, waive and release the Conyngham Valley Civic Organization and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though the liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ (Guardian <18) Date _____

Check Payable: CVCO

Remit to: C/O Race Director, Amy Cartwright 134 Abbey Rd Sugarloaf, PA 18249

Contact: Amy Cartwright (570) 233-4023 or AmyCRD@gmail.com

Brian Earley (570) 788-6620

2019 GREATER HAZLETON FESTIVAL OF RACES