

**The 13th Annual Parker Palermo Memorial 5K Run/2 Mile Walk
Sunday, September 29th, 2019 - 9:30 a.m.**

Race Location & Course: Kirby Park, Wilkes-Barre, PA. Run is a 5-kilometer (3.1-mile) wheel measured course. The course is relatively flat. The course is about one-third grass with the rest of the course having paved sections. Walk will be 2 miles.

Registration: Pre-register by mail. Registration on the day of the race, Sunday September 29th, will be from **8:30 to 9:15a.m.** in Kirby Park near the tennis courts. Souvenir T-shirts will be given to the first 75 people registered. Leashed dogs will be allowed to walk during the event. Strollers are also permitted.

Raffle: Chances will be available for purchase. Prizes include baskets, gift certificates, etc. Receive free raffle tickets with a donation of the following items:
Paper Towels, Clorox wipes, spray bottles, exam gloves, nylon leashes, Milk Bone treats, Kongs, triple Antibiotic cream, scrub brushes w/ grip handle, towels, jolly balls, food toy puzzles

Registration form is available at the following web site: www.neparunner.com & www.kingscollegeathletics.com

Awards: 1st Overall Male & Female runners.
1st in Age Group Male & Female: 15 & Under, 16-20, 21-30, 31-40, 41-50, 51+

Entry Fees: Pre-registered runners = \$15.00 must be postmarked by Saturday September 21st.
Race Day Registration = \$20.00.

All checks should be made payable to the King's College Cross Country Team.
All proceeds will go to Laura's Hope Rescue – Hop Bottom, PA <http://www.laurashoperescue.com/home.html>

Questions: Contact King's College XC Coach Michael Kolinovsky 570-650-2670 or michaelkolinovsky@kings.edu

-----Cut Here---Complete, Sign, and Return with Payment-----

Release and Registration Information

I, _____, the participant, do not or will not hold any individual that is associated with the Parker Palermo Memorial 5K, or King's College responsible for any accident or injury incurred by me while participating in this strenuous running event.

Signature _____
(Parent must sign if under 18 years old)

Name _____
Age _____ **Gender** _____ **Phone #** _____
Address _____ **City** _____
State _____ **Zip** _____
Email _____
Event 5K Run or 2 Mile Walk **Please Circle One**
Amount enclosed = _____ **Shirt Size (circle one) =** S M L XL 2XL

Enclose Check or Money Order payable to King's College Cross Country.

Mail entries to:
King's College – Athletic Department
Attn: Michael Kolinovsky – Head Coach – Cross Country/Track & Field
133 North River Street
Wilkes-Barre, PA 18711