

RACE AGAINST HUNGER 5K Run or Fun Walk

Free Reusable Tote To the
First 60 Registered Participants



**Friday, May 7
6:30 PM
Luzerne County
Community College**

**First Place Awards
For Men & Women
In The 5K Run
Six Age Group Awards**

Registration Fee: \$20

Mail Registration or

For more information and/or to register, call:
570-740-0237 or e-mail: mcosta@luzerne.edu

Sponsored by the LCCC Health, Physical Education & Exercise Science Dept.

2021 REGISTRATION FORM

To limit in-person contact, runners/walkers must pre-register. Race day entries will not be accepted. Pre-Registration will be capped at the first 60 entries.

Awards will be given to the first overall male and female in the 5K Run. Awards will also be given to the top three finishers in the following age groups for both males and females in the 5K Run: 19 and under, 20-29, 30-39, 40-49, 50-59, 60 and over.

- Registration is \$20.00 per person. Proceeds from the registration fee benefit the LCCC Food Pantry.
Make checks/ money orders payable to LCCC Physical Education Dept.
- Free reusable tote to the first 60 registered participants.

**Direct questions to: Miranda Costa, Race Director, or
Ed Gurtis, Chairman, Health, Physical Ed. & Exercise Science Dept.**

**Return registration form to: Miranda Costa
Luzerne County Community College
1333 S. Prospect Street, Nanticoke, PA 18634
Call: 570-740-0237 or email: mcosta@luzerne.edu**

Waiver: I know that running is a potentially hazardous activity. I should not enter and run a race unless I am medically able and properly trained to do so. I also know that there will be hazards, debris and poor footing on the course and assume the risk of running on it. I also assume any and/or all other risks associated with running or attending the race, including, but not limited to falls, contact with other participants, the effects of the weather, getting lost, wildlife, and insects and all such risks being known and appreciated by me. Knowing these facts, and in consideration of you accepting my entrance fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, shall not hold Luzerne County Community College, its students, faculty, directors, officers, employees, representatives, and agents liable from any loss, claim, injury, or damage sustained by me.

**BY SIGNING THIS REGISTRATION FORM, I ATTEST
THAT I HAVE READ AND UNDERSTAND THIS WAIVER.
Please: One Name Per Registration Form.**

Name _____ Age _____

Circle: Men Women • 5K Run • 5K Fun Walk

Address _____

Email _____

Signature _____

Parent signature if under eighteen _____

Please see additional information on back ⇨



Registration

- To limit in-person contact, runners must pre-register. Race day entries will not be accepted.
- Pre-registration will be capped at the first 60 entries.
- Entry fee is not refundable or transferable.

Race Day

- If a runner or spectator is sick or has recently been exposed to COVID-19, they need to stay home.

- Facemasks must be worn by all participants, spectators, and volunteers while not in the act of running. We ask that you practice social distancing at all times during the event.
- Packet pick-up will begin at 5:30 pm at the gazebo near the gymnasium. If raining, it will be held in the gymnasium (building 8).
- Pick-up will be organized by A-L and M-Z lines.

Hydration

- Bring your own water if needed while running.
- Individual water bottles will be available at the finish.

Awards

- An award ceremony will be held, but we ask that you safely maintain socially distancing.

Note

- If the race has to be cancelled due to factors outside the control of the College such as new guidance from the PA Department of Health, no refunds will be given.