

**ANYTIME FITNESS ~ Sherwood Groves Auto Group  
The McGregor Family ~ Sherwood Trucks  
Sherwood Chevrolet Buick GMC**

**Admiral Stark Memorial 5K Run/Walk**

**Records: 5K walk ~ Dave Talcott 24:10 Erin Talcott 23:45 5K run ~ Chris Wadas 15:34 Kelsey Cameron 18:31**

**Frank J. Valvano Memorial 10K Run**

**Records: 10K Run ~ Reese Ayers/Kevin Borelli 32:48 Samantha Snead 37:52**

This years Admiral Stark 5K Memorial Run/Walk and Frank J. Valvano Memorial 10K Run will take place on Saturday, July 29th, 2023 at 8 a.m. Walkers are asked to line up behind the 5K runners unless you are a competitive walker. The course is roughly one lap of Lake Carey for the 5K and two laps for the 10K. Both courses are wheel measured and accurate. This will be run in conjunction with the annual Lake Carey Day festivities which are always held on the last Saturday in July. Race day registration will be held at 7 a.m. to 7:45 a.m. at the Station 69 (Lake Carey Fire Company) pavilion. Register on-line at: [runsignup.com/asfv5k10k](https://runsignup.com/asfv5k10k) up to and including Thursday, July 27th. No online registration on race day or the day before the race.

Awards will be given to the first overall male and female in the 5K walk, 5K run and 10k run. A special Frank J. Valvano Award will be given to the first 200 lbs. + male in the 10K. If no male 200 lbs. + runs the 10K, the award will be given to the first 200 lbs. + male in the 5K run/walk. Awards will be given to the top three in the following age groups for both male and female participants, except for the walk, only the first finisher in each age group will get an award: 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60 and over. No online registration on race day or the day before. Awards will be presented at the Lake Carey Station 69 (Lake Carey Fire Company) pavilion as soon as all runners/walkers finish. Preregistration fee is \$20.00 with a race day registration fee of \$25.00 per participant. Tee shirts guaranteed to the first 125 registrants.

Send preregistrations to: Carie Burke, 241 Bittersweet Drive, Hershey, PA 17033. You may direct questions by calling (717) 343-4230 or emailing me at [carieburke@comcast.net](mailto:carieburke@comcast.net) Make checks payable to: **Lake Carey Dam Association** All proceeds benefit the Lake Carey Dam Fund and the Lake Carey Volunteer Fire Company.

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In signing this entry I, for myself, my heirs, lawyers, executors, and administrators waive and release any and all rights and claims for personal damages I may have against the sponsors of the race. I hereby certify that I am physically fit and have trained for this event.

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ Sex M F

\_\_\_\_\_ Shirt s m l xl

Signature \_\_\_\_\_ Race: 5K Walk 5K Run 10K Run

Parent signature if under eighteen \_\_\_\_\_

**5K Run/Walk & 10K Run Lake Carey  
8 a.m. July 29th, 2023**