

ENTRY FORM

Name: \_\_\_\_\_ First Time Runner \_\_\_\_ (X) if yes  
( Last, First, Middle Initial )

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Sex: (M) (F) Age: \_\_\_\_\_ Hulks and Lady's Do Not Ask: \_\_\_\_\_ (X) if yes Public Safety \_\_\_\_\_ (X) if yes

Run/Walk: \_\_\_\_\_ (X) if yes Walk only: \_\_\_\_\_ (X) if yes Shirt Size (S) (M) (L) (XL) (XXL)

**Make Checks Payable to:** Seneca Fire Department

**Mail to:** Seneca Vol. Fire Dept. \* PO Box 272 \* Seneca, PA 16346

Registration can also be dropped of between 9-4 at the Cranberry Township building off of route 257

**Date of Race:** September 19, 2009 \*\*\*\* **Pre-Registration Date:** September 11, 2009

**RELEASE AND WAIVER**

I certify that I have decided to participate in the Seneca Vol. Fire dept. 5K with full knowledge that being physically fit and sufficiently trained is necessary to prevent any injury to myself. In consideration of the acceptance of my entry, I for myself, my executor, heirs, administrator and assigns, waive, release, and discharge any and all claims against the Seneca Vol. Fire dept. and relief association, and CABPA, and Township of Cranberry and the State of Pennsylvania, all volunteers, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. I acknowledge that entry fees are non-refundable and non-transferable for any reason.

**RUNNERS SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_  
(Parent's signature if under 18 years of age)

**Starting Time:** Run/Walk 9:00 am - Walk only 9:05 am - On **September 19, 2009**

**Location:** Seneca Fire Dept. in Seneca. Enter from the 257 entrance and park in lower parking lot. Race starts on North Main Street.

**Entry Fee:** \$12.00 pre-registered, \$15.00 day of the event.

**Registration:** Pre-registration deadline is Sept. 11, 2009. All pre-registered participants will receive an attractive short sleeve T-shirt. Race day registration from 7:30 to 8:30 inside the Seneca Fire Hall. Remaining shirts will be distributed first come first served.

**Divisions Run/Walk:** Men's and Women's overall, Men and Women ages 13 and under, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+, Hulks (Men) 220lbs and Lady's Do Not Ask (Women) over 160lbs.

**Divisions Walk:** Men's and Women's overall, Men and Women ages 13 and under, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+, Hulks (Men) 220lbs and Over and Lady's Do Not Ask (Women) 160lbs and over.

**Public Safety:** Men's and Women's overall. Required to be a member, employed, or retired Fireman, Police Officer, Ambulance service, 911 Dispatcher, Nurse, Doctor, or anyone involved in public safety.

**Awards:** Overall Men's and Women's 1st, 2nd, 3rd Place Trophy. 1st, 2nd, and 3rd in all divisions receive a medal. No Duplications of awards.

**Water/Timing:** Water will be available during the run/walk. Timing is being provided by Miles of Smiles Timing Service.

**Post-Race:** Cookies, Fruit, and drinks will be available.

**Information:** For further information, please contact: The Seneca Vol. Fire Dept. 676-1305 or stop Monday nights between 7:00 pm and 8:30 pm or e-mail seneca5krace@comcast.net

**Proceeds:** All proceeds are going to the Seneca Vol. Fire Dept. We sincerely thank you for your HELP!!

**Award Ceremony:** Will be held at the Seneca Fire Hall as soon as the results are available.

**The course:** In the town of Seneca, out-and-back 3.1 -mile course that starts and finishes on Main Street

Make as many copies of the entry form as you want and bring a **GROUP!!**  
You Can E-MAIL US at **seneca5k@comcast.net**  
Entry Form & Times go to **www.smileymiles.com** or **www.station24seneca.com**