

2nd Annual George Wah Memorial 5K Cross Country Race

Veterans Park, Hamilton Township
Sunday, August 25, 2013



Registration: 7:30am at a location adjacent to the dog park

Start Time: 9:00am

Course: The Veterans Park Cross Country Course accessible via Kuser Rd entrance

- T-Shirts to all pre-entries received
Post entries while supplies last
- Refreshments after the race.
- Door prizes after the race

Awards to:

Top overall male & female

Top 3 male and female finishers
in each age group

Top finishing all male & all female teams*
(Top five finishers on winning teams get the awards)

Age Groups: Male & Female

13 & under	19-29	40-49	60-69
14-18	30-39	50-59	70 +

- Traffic free course
- Results will be posted on:
www.BandLracetiming.com

***Teams:** If you want to be part of a team, you must have a minimum of five finishing members in order to score (team name to be identified on entry form). Do not select the name of a school as your team name. Team members can be from varied age groups, but must be the same gender. You may have more than five runners on your team

For information call: Larry Baldasari: 609-577-7314
or Andre Modica: 267-566-2582

Entry Fee: \$20.00

Day of Race Entry Fee: \$25.00

Register On line: www.active.com or www.practicehard.com
or

Mail Entries to: Andre Modica
278 Swift Rd
Langhorne, Pa 19047

Mailed entries must be postmarked by **August 15, 2013**

Make Checks payable to: "Capital Track & Field Officials"

ALL PROCEEDS GO TO THE "GEORGE WAH MEMORIAL SCHOLARSHIP FUND"

George Wah Memorial 5K Cross Country Race - Please read carefully and sign

In consideration of your accepting this entry to the George Wah Memorial 5K Cross Country Race, I waive all claims for myself, my heirs, and assigns against the Capital Track and Field Officials, The George Wah Scholarship Committee, Hamilton Township, and all sponsors for injury or illness which may result from my participation. I further state that I am in proper physical condition to compete in this race.

In addition, I attest that I fully understand the risks involved in running 5K (3.1 miles). In no instance or circumstance will I bring suit upon any person(s) or any entity or agency associated with the conduct of the George Wah Memorial 5K Cross Country Race. I fully understand and agree with the content of the waiver I am signing.

Signature _____ (Parent or guardian if under 18)

Please print

Last Name _____ **First Name** _____

Address _____ **City** _____

Email Address _____

State _____ **Zip** _____ **Phone#** _____ **Sex** **M** _____ **F** _____

Age on race day: _____ **Birth Date:** _____ **Team Name:** _____
(If applicable)

Shirt Size (Check One): **Adult Small** _____ **Adult Medium** _____ **Adult Large** _____ **Adult XL** _____