



Saturday, August 7th, 2010
9:00AM

This 5K Run-Walk begins at the Lake Winola Firehouse, winds counter-clockwise partially around the lake, and takes you up and down through beautiful and scenic rural roads before finishing back down at the Firehouse.

A link to a map of the race is as follows:

www.usatf.org/routes/view.asp?rID=346759

All proceeds from the race will help fund a memorial scholarship at The Scranton Preparatory School established in the name of Dr. Thomas E. Zukoski.

Dr. Thomas E. Zukoski Memorial
5K RUN-WALK
Lake Winola, PA

AWARDS

Trophies for 1st overall male & female runners and walkers + Medals for 2nd & 3rd overall male & female runners and walkers, and top 3 male & female finishers in each of the following running groups: 14 & under; 15-19; 20-29; 30-39; 40-49; 50-59; 60+; Clydesdale (men +200 lbs); Athena (women +150 lbs); No weigh-ins will be required for Clydesdale & Athena groups

REGISTRATION

\$15.00 to register + First 100 receive a free race t-shirt + Advance registration can be mailed to Rod Azar, 1216 West Grove Street, Clarks Summit, PA 18411 + Please make all checks payable to "Scranton Prep" + Race day registration desk is open from 7:00AM to 8:30AM, and is located near start/finish line in front of Lake Winola Firehouse + \$15.00 cash or check accepted on race day (no credit cards please) + Parking is available within the Lake Winola Fire Department parking lots

CONTACTS

Please direct all questions to Race Directors Rod Azar (917-576-2258; rodmanazar@mac.com) and Megan Zukoski Azar (917-536-7534; meganzazar@yahoo.com).

ENTRY FORM

SUBMITTING THIS ENTRY FORM, I FOR MYSELF, HEIRS, LAWYERS, EXECUTORS AND ADMINISTRATORS, HEREBY WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES AGAINST THE SPONSORS OF THIS RACE. I HEREBY CERTIFY I AM PHYSICALLY FIT AND HAVE TRAINED FOR THIS EVENT.

Name _____ **Age** (as of race day) _____
Email _____ **Walk** **Run** (check one box only)
City _____ **State** _____ **Zip** _____ **Male** **Female** **T-shirt Size** _____
Emergency Contact/# _____ **Clydesdale** (200+) **Athena** (150+)
Signature _____ **Guardian Signature** (if <18) _____