

**FOREST CITY'S  
COAL CRACKER 5-MILER &  
TWO MILE RUN**

Sponsored by Community Bank &  
Trust Co. and North-Eastern  
Pennsylvania Telephone Co.  
Hometown of the Steamtown Marathon

DATE: Saturday, July 31<sup>st</sup>, 2010  
8:00 AM (2 and 5 Mile)

LOCATION: Main Street, Forest City,  
Pa. Start and finish in front of the  
Community Bank & Trust.

COURSE: 5-Miler is one big loop; 4+  
miles on flat cindered railroad bed, and  
remainder on paved road. 2-Miler is  
primarily on town roads with a portion  
on the railroad bed. Electronic timing,  
digital display clock.

ENTRY FEE: ALL PROCEEDS  
BENEFIT THE FOREST CITY  
CROSS COUNTRY TEAM

5-Mile and 2-Mile:  
\$15.00

First 100 registrants will receive a  
t-shirt. Registration from 6:30-7:45AM  
race day at Community Bank & Trust  
parking lot.

AWARDS: Coal Miner award to the  
top OVERALL male and female of the  
5 mile race.

Coal Cracker award to the top male and  
female of each of the following age  
groups:

14-19, 20-29, 30-39, 40-44, 45-49,  
50-54, 55-59, and 60+; medals (coal  
discs) to 2<sup>nd</sup> and 3<sup>rd</sup> place finishers.

Miniature Coal Miner award to the top  
OVERALL male and female of the 2  
mile race; medals (coal discs) to the top  
male & female of each of the following  
age groups;

12 and under; 13-15; 16-18; 19-24;  
25-29; 30-39; 40-49; 50-59; 60+;  
ribbons to 2<sup>nd</sup> and 3<sup>rd</sup> finishers.

For more information contact:  
Mike Kubus @ 570-540-5368  
Or  
Kent Corey @ 570-960-2315

(Make checks payable to Forest City Cross  
Country)

**OFFICIAL ENTRY FORM:**  
(Please print clearly)

Circle One 5-Mile 2-Mile

NAME \_\_\_\_\_  
PHONE \_\_\_\_\_  
ADDRESS \_\_\_\_\_

TOWN \_\_\_\_\_  
STATE \_\_\_\_\_ ZIP \_\_\_\_\_

SEX; M \_\_\_\_\_ F \_\_\_\_\_

AGE as of July 31<sup>st</sup> 2010 \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_

T-SHIRT SIZE: M L XL

"If necessary, I hereby authorize the above named runner to be treated by any qualified, licensed medical personnel." "I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with the running in this event including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic, & the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf waive and release the Forest City Community Bank & Trust Co., Forest City Regional School District, Forest City Cross Country Team, and all sponsors, their representatives and successors, as well as all race organizational personnel, firemen, police, and any volunteers from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver."

SIGNATURE: (Parent if under 18)

DATE \_\_\_\_\_