

The 4th Annual Parker Palermo Memorial 5K Run/Walk Sunday, August 1st - 10:00 a.m.

Race Location & Course: Kirby Park, Wilkes-Barre, PA. This is a 5-kilometer (3.1-mile) wheel measured course. The course is relatively flat. The course is about one-third grass with the rest of the course having paved sections.

Registration: Pre-register by mail. Registration on the day of the race, August 1st 2010, will be from 8:30 to 9:50 a.m. in Kirby Park near the tennis courts. Souvenir T-shirts will be given to the first 120 people registered. Dogs will be allowed to walk during the event, but please contact Michael Kolinovsky **BEFORE** this event if you plan on bringing your dog.

There will be a raffle again this year after the race.

Registration form is available at the following web site: www.neparunner.com

Awards: 1st Overall Male & Female runners.

1st in Age Group Male & Female: 15 & Under, 16-20, 21-30, 31-40, 41-50, 51+

Entry Fees: Pre-registered runners = \$13.00 must be postmarked by Monday July 26th.

Race Day Registration = \$15.00.

All checks should be made payable to the King's College Cross Country Team.

All proceeds will go to 4 Paws Spay Neuter Program, Wilkes-Barre, PA

Questions: Call or Email King's College XC Coach Michael Kolinovsky 570-650-2670 or mkolinov@kings.edu

-----Cut Here---Complete, Sign, and Return with Payment-----

Release and Registration Information

I, _____, the participant, do not or will not hold any individual that is associated with the Parker Palermo Memorial 5K, or King's College responsible for any accident or injury incurred by me while participating in this strenuous running event.

Signature _____

(Parent must sign if under 18 years old)

Name _____

Age _____ Sex _____

Phone # _____

Address _____

City _____

State _____ Zip _____

Email _____

Dog's Name = _____

Amount enclosed = _____

Shirt Size (circle one) = S M L XL

Enclose Check or Money Order payable to King's College Cross Country.

Mail entries to:
King's College – Athletic Department
Attn: Michael Kolinovsky Cross Country Coach
133 North River Street
Wilkes-Barre, PA 18711