

# **LAKE CAREY VOL.FIRE CO.**

## **ADMIRAL STARK 5K RUN**

**The annual running of the Lake Carey Volunteer Fire Company's Admiral Stark 5K Run will be held on Saturday, July 10, 2010 at 6:30 PM.**

**Awards to the first overall male and female. Awards will go three deep in the following age groups: 12 and under, 13 to 19, 20 to 29, 30 to 39, 40 to 49, 50 to 59, and 60 and above. No duplication of awards.**

**Registration will be held from 5:00 PM until race time at the Lake Carey Fire House. Registration fee will be \$15.00 with a tee shirt guaranteed to first 100 runners.**

**Questions and pre-registrations may be directed to:**

**Lake Carey Volunteer Fire Company  
18 SR 1007  
Tunkhannock, PA 18657  
(570) 836-2355 (Leave Message)  
e-mail - lkcareychf@hotmail.com**

**Make checks payable to: Lake Carey Vol. Fire Co.**

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**In signing this entry I, for myself, my heirs, lawyers, executors, and administrators waive and release any and all rights and claims for personal damages I may have against the sponsors of the race. I hereby certify that I am physically fit and have trained for this event.**

**Name:** \_\_\_\_\_ **Age** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Sex:** M F

\_\_\_\_\_ **Shirt:** s m l xl

**Signature:** \_\_\_\_\_

**Parent if under 18:** \_\_\_\_\_