

Frank J. Valvano Memorial 10K Run & 5K Walk/Run

The second running of the Frank J. Valvano Memorial Run/Walk will occur on Saturday, July 31st, 2010 at 8 A.M. It will be run in conjunction with the annual Lake Carey Day festivities, always the last Saturday in July. Registration begins at 6:30 a.m. at the Station 69 (Lake Carey Fire Company) pavilion.

Trophies to the first overall male and female in the 5K walk, 5K run and 10K run. **Special Frank J. Valvano trophies for first male 190 lbs. + in masters and sub masters age groups in 5K & 10K.** Medals given to the top three finishers in the following age groups for both male and female in both the 5K and 10K runs: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59 and 60 +

Registration fee is \$15.00. Tee shirts guaranteed to the first one hundred registered contestants.

Direct questions and send pre-registrations to: Dick Daniels
12 Lake Street (Lake Carey)
Tunkhannock, PA 18657
(570) 240-1932 or dick.daniels@gmail.com

Make checks payable to: **Frank J. Valvano Scholarship Fund**

The 5K run/walk goes around Lake Carey while the 10K goes out Mason Road then turning right on to state route 1006 where runners then proceed a half mile before turning right on to state route 1001. Runners run two point seven miles on state route 1001 before turning right into Hill Billy Village Road and back to the lake via state route 1003 to state route 1005 to the finish line.

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 _____

Circle: Sex: M F Event participation: 5K walk 5K run 10K donation Shirt size: s m l xl

Signature _____

Parent signature if under eighteen _____

5K Run/Walk & 10K Run ~ Lake Carey July 31st, 2010