

**30th annual WYOMING VALLEY STRIDERS
WINTER'S END 4.5 MILE* FOOT RACE**

(1st LEG of the WYOMING VALLEY STRIDERS TRIPLE CROWN)

Sunday, March 21, 2010, 10:00 AM

*(Wheel & GPS measured)

USATF Sanctioned

LOCATION: The Pennsylvania State University, Wilkes-Barre Campus, Lehman, PA. See reverse for directions.

COURSE: Basically out-and-back, mostly paved township roads with little or no traffic. Some dirt surface. Scenic course, gentle, rolling terrain. Time split at one mile mark. Digital display clock at finish line.

RECORDS: Randy Haas 22:44 1987 Patty Kupstas 26:06 1989

ENTRY FEE: \$8.00 by March 12--- \$10.00 thereafter Checks Payable To: Wyoming Valley Striders
Send official entry form and entry fee to:
Vince Wojnar, 295 South Mountain Blvd., Mountain Top, PA 18707-1915

Registration from 8:00 AM to 9:30 AM in the Commons on campus.

All entrants will receive a pullover knit hat.

**Complete results will be posted on the WVS website: <http://home.ptd.net/~rrrawls/wyoval.htm>
and on Mike Montagna's website: <http://www.NEPARunner.com>**

The race director reserves the right to accept or reject any entry.

Bananas and oranges donated by BEDWICK FOODS, INC.

AWARDS: Trophies to the top male and female. Medals to top 3 males and top 3 females in each age group.

For information call: Vince Wojnar 570-474-5363 or e-mail WYOVALSTR@aol.com

**SAFETY: RUNNERS ARE NOT ALLOWED TO BE ACCOMPANIED BY ANIMALS!
BABY STROLLERS ARE NOT ALLOWED ON THE COURSE!
ALCOHOLIC BEVERAGES ARE NOT ALLOWED ON CAMPUS!**

OFFICIAL ENTRY FORM: Winter's End 4.5 Mile Foot Race March 21, 2010
Please TYPE or PRINT (ENTRY FORM CAN BE PHOTOCOPIED)

Do you plan on running in the 3 Triple Crown Races? YES _____ NO _____

IF YES, indicate Shirt Size Only Men's Sizes: S _____ M _____ L _____ X _____

NAME _____ PHONE (____) _____

ADDRESS _____

TOWN _____ STATE _____ ZIP _____ SEX: M _____ F _____

AGE as of March 21, 2010 _____ DATE OF BIRTH _____

E-Mail _____

"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 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 and 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 Wyoming Valley Striders; Pennsylvania State University, Wilkes-Barre Campus; Lehman Township and all sponsors, their representatives and successors 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."

RUNNER'S SIGNATURE (parent if runner is under 18) _____ DATE _____

ROADS ARE NARROW. NO SPECTATOR VEHICLES ALLOWED ON THE COURSE DURING THE RACE. SPECTATORS MAY VIEW THE RACE FROM THE START/FINISH AREA AND THE PARKING LOT AREAS, AND ALSO FROM THE TURNAROUND POINT NEAR THE INTERSECTION NEXT TO LAKE LEHMAN HIGH SCHOOL.

Directions to the Pennsylvania State Wilkes-Barre Campus at Lehman: from the Wilkes-Barre area, take the North Cross-Valley Expressway (Route 309) and proceed north towards Dallas. At the end of the divided highway, turn left at the first traffic light (Hillside Road) and follow the signs to the campus (approx. 5 1/2 miles); from Berwick, follow Route 11 to West Nanticoke and take Route 29 to Route 118. Turn right on Route 118 and follow it until you see the sign for the Pennsylvania State Campus.

AGE GROUP AWARD CATEGORIES:

<u>Male</u>	<u>Female</u>
19 and under	19 and under
20 - 29	20 - 24
30 - 34	25 - 29
35 - 39	30 - 34
40 - 44	35 - 39
45 - 49	40 - 44
50 - 54	45 - 49
55 - 59	50 & over
60 - 64	
65 - & over	

THANKS:

The Wyoming Valley Striders extends its gratitude to the Pennsylvania State University, Wilkes-Barre Campus, Lehman, for their assistance in this race. Appreciation is also extended to the Supervisors and Police of Lehman Township for their cooperation.

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