

2<sup>nd</sup> Annual Dushore Founders Day 5K Run/5K Walk, 10K Run  
Sponsored by The S.C.R.A.



**Date:** Saturday, August 14, 2010

**Time:** 9:00 AM

**Location:** Dushore, PA

**Events:** 5K Run, 5K Walk, and 10K Run

**Description:** The Start and Finish is at the soccer field in Dushore behind the ACE Hardware. It is an out and back course. There are some steep hills on the course making it very challenging. Mile markers every mile and water stations at halfway point of 5k and 10k. Trophies for 1<sup>st</sup> place Overall finisher in 5k run, 10k run, and 5k walk. Medals for top 3 in each age division 5k run male and female 13 under, 14-19, 20-29, 30-39, 40-49, over 50. 10k run 19 under 20-29, 30-39, 40-49, over 60.

**Registration:** \$15.00 to Register. First 125 registered get a T-shirt.

Pre-registration can be mailed to:

**Cameron Serafini, 244 Horseshoe Rd. Dushore, PA 18614.** Registration will also be available on race day from 7:00-8:30 AM.

**Make Checks payable to the Sullivan County Recreational Association**

**Contacts:**

Cameron Serafini (Race Director) 570-928-9567

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By signing this entry form 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 S.C.R.A., sponsors of this race. I hereby certify that I am physically fit and have trained for this event. Please fill out and return to

**Cameron Serafini, 244 Horseshoe Rd., Dushore, PA 18614**

**Please print Clearly with full address, Thank You**

Shirt Size: \_\_\_\_\_ Sm. , Med., Lg., and Extra Large. Circle One

Name \_\_\_\_\_ 5k Run    5k Walk    10k run

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone# \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M or F

Signature \_\_\_\_\_ Date \_\_\_\_\_

Guardian Signature (if under 18) \_\_\_\_\_

Please check if first time participating \_\_\_\_\_