



Hyndman Area Health Center's Annual 5K Event

When? Saturday May 18, 2019

Where? Hyndman Area Health Center

What? Annual 5k event. Run through the beautiful town of Hyndman, with a challenging, exhilarating uphill climb through hogback midway through the race! There will also be a non competitive walk for wellness to follow.

Cost? Register by Friday, May 13, 2019: \$15 fee for Adults & \$10 for youth (18 and under). May 14th through race day: \$20 fee for adults and \$15 for youth. Walk for wellness is \$5. Youth is free (under 18)

Extras: Restrooms/Refreshments/Hydration Station/Basket raffles

Awards: 1st place: Male & Female-\$45 and trophy.

2nd place: Male & Female- \$30 and a trophy.

3rd place: Male & Female-\$15 and trophy.

Please return bottom portion to:

HAHC

C/O Megan Pluta

144 Fifth Ave

Hyndman PA, 15545

If you have any questions please call 814.842.3206 ext 119

Name _____ Age on race day _____ Male Female

Address _____ City _____ State ____ Zip _____

Run OR non competitive walk

Adult Shirt S M L XL XXL

I, for myself, my heirs, executors and administrators, have read and accept the terms and conditions of this entry form and release and waive all rights and claims for damages I may have against the Hyndman Area Health Center, the race sponsors, volunteers and organizers of this race for any injuries, or actions which may result through my participation in the Hyndman Area Health Center race. I attest that I am physically fit and sufficiently trained to finish this race My physical condition has been verified by a licensed medical doctor. I also grant full release to all parties of this event to use my name and photograph for news coverage and publicity purpose

Signature _____ (guardian if under 18)