

WAIVER

By signing this, I assume all risks of participation. My signature on this entry releases all sponsors or individuals from any and all liability which may result in/from this event.

SIGNATURE: _____

PRINTED NAME: _____

DATE: _____

IF PARTICIPANT IS UNDER 18 YEARS OF AGE, SIGNATURE OF PARENT OR GUARDIAN IS REQUIRED.

EMERGENCY CONTACT

NAME: _____

PHONE: _____

All fees are non-refundable.
Race will be held rain or shine.
No deferred date.

Questions?

Email 5k@diamondpharmacy.com
Web: www.diamonddrug.com/5k

RACE DAY INFO

Stay around after the race and bring some cash!

Music

Free Snacks

Burgers & Hot Dogs

Basket Raffle

Kids Activity Tent

*All proceeds from activities will be donated to ICCAP



Will be at the Race Pavilion!

COURSE INFO

Course: Relatively flat
Registration on day of event:
8:00 am- 9:30 am
Race start time: 10:00 am

Race is CHIP-TIMED by:



Walkers are welcome, but there is no separate timing.



Walkers are welcome!

Benefiting ICCAP



MAY 18th, 2019
BLUE SPRUCE PARK
INDIANA, PA



HELPING OUR COMMUNITY WITH EVERY STEP 5K RUN 2019

>>>>>>>>>> MAY 18th, 2019



REGISTRATION FORM

All participants must complete the following information:

Name: _____

Gender: M/F Age on event day: _____

Address: _____

Phone: _____

Email: _____

Registration prior to April 18th: \$20.00
(Guaranteed a T-shirt)

Registration after April 18th: \$25.00
(T-shirt not guaranteed)

T-Shirt is a Dri-Fit/Performance Tee
T-SHIRT SIZE:

S ___ M ___ L ___ XL ___ 2X ___ 3X ___

Please make checks payable to:
Diamond Drugs, Inc.

Mail to:
645 Kolter Drive
Attn: 5k
Indiana, PA, 15701

TO COMPLETE REGISTRATION:
Waiver on the reverse side
MUST be signed.

About the Race Beneficiary, ICCAP:

The Indiana County Community Action Program (ICCAP) provides programs aimed at helping low-income families and individuals attain self sufficiency.

Services Include:

- Food Distribution Programs
- Housing Programs/
- Rental Assistance
- Energy Programs
- Pathway Homeless Shelter
- Power Pack Program
- And Much More!



For more information, please visit www.iccap.net, or email Michelle Faught, Executive Director at mfaught@iccap.net.

AWARDS & AGE GROUPS



Prizes will be awarded to the top 3 runners overall for male and female AND the top male and female in each age category.

- 12 and under
- 13-19
- 20-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70 and over

