



FRIENDS OF YELLOW CREEK

PENNSYLVANIA PARKS & FORESTS FOUNDATION

Septemberfest 5K Run

SATURDAY, SEPTEMBER 24, 2011, 1:00 PM
Yellow Creek State Park
170 Rte 259 Hwy
Penn Run, PA 15765
Proceeds Benefit Friends of Yellow Creek

Come early, Stay late. Enjoy other Septemberfest activities: Yoga on the Beach, Mountain Bike Race, Live Music, Sailboat Races, "Birds of Prey," games and more! www.foyc.org/Septemberfest2011

REGISTRATION INFORMATION

All fees non-refundable - Rain or shine - No deferred date
Pre-registration - postmark deadline September 10, 2011
Pre-registration fee - \$15 (t-shirts guaranteed to all pre-registrants)
Race day registration - 11:30-12:30
Race day fee - \$18 (t-shirts not guaranteed on race day)
No baby strollers or dogs

AWARDS

Men (no duplicates)

Top 3 Overall
Top 3 Each Age Group
(18-23, 24-29, 30-39, 40-49, 50-59, 60+)

Women (no duplicates)

Top 3 Overall
Top 3 Each Age Group

Under 18

Top 6 Boys
Top 6 Girls

COURSE: 3.1 scenic miles, out and back, flat to rolling hills, aid stations, splits each mile. Professional finish line and timing provided by *Miles of Smiles*.

CHECKS PAYABLE TO: PA Parks and Forests Foundation - FOYC

MAIL TO: Vicki Stelma, 1105 Water St, Indiana, PA 15701

INFORMATION: 724-463-1186 or email: vstelma@hotmail.com

Name _____ Birth Date _____ Phone _____

Address _____ Email _____

City _____ State _____ Zip _____

Age on race day _____ Sex _____ Shirt size _____ S _____ M _____ L _____ XL

Waiver: *I hereby waive and release all rights for claims or damages or suit I may have against Friends of Yellow Creek, DCNR of PA, PA Parks and Forests Foundation and any other officials and sponsors of the FOYC 5K to be held September 24, 2011.*

Signed: _____ Date _____

(Parent or Guardian Signature if under 18 years of age)

Friends of Yellow Creek aims to include visitors in conserving, protecting and enhancing the natural, educational, and recreational resources of the Park. Friends of Yellow Creek is a chapter of Pennsylvania Parks and Forests, a 501 (c)(3) nonprofit organization – contributions to which are deductible to the fullest extent permitted by law.