

WYOMING VALLEY STRIDERS
4th annual SUMMER 10km FOOTRACE
(3RD LEG of the WYOMING VALLEY STRIDERS TRIPLE CROWN)
Saturday, July 23, 2011
9:00 AM
USATF Sanctioned

We want to acknowledge the cooperation of the Wilkes-Barre City Parks and Mayor's Office for their valuable assistance. The start and finish of the run is in the meadow area in Kirby Park, Wilkes-Barre, PA. The course is mostly flat. With the completion of the S. River Street Project, we plan on revising the course by going over the Market St. Bridge, down the S. River St. Common, into S. Wilkes-Barre and back to Kirby Park.

Registration: 7:00am to 8:30am

**Awards: Special Trophies to the top male and female finishers.
 Medals to at least the top three in each age group. Ten year age-groups will be split into 2 five year age-groups if warranted.** Age-groups listed on reverse side.

Amenities # Commemorative Item to be determined # All miles will be marked
 # Complete results will be posted at:<http://home.ptd.net/~rrrawls/wyoval.htm>
 and at <http://neparunner.com>

Entry Fee: A non-refundable fee by Wed., July 13 of \$12. If you are a member of the Wyoming Valley Striders at the time of pre-registration, the fee will be \$10, a savings of \$2. Your name will be checked with our Membership List. After July 13, the fee is \$15 for everyone. Membership Forms can also be downloaded from our website.

Please register early, especially on race day.

Make checks payable to: Wyoming Valley Striders

The Wyoming Valley Striders reserves the right to accept or reject any entry.

DETACH AND RETURN WITH ENTRY FEE TO:

**Vince Wojnar
 Wyoming Valley Striders
 295 South Mountain Blvd.
 Mountain Top, PA 18707-1915**

Please TYPE or PRINT

(ENTRY FORM MAY BE PHOTOCOPIED)

NAME _____ PHONE (____) _____

ADDRESS _____

TOWN _____ STATE _____ ZIP _____ SEX: M _____

AGE as of July 23, 2011 _____ DATE OF BIRTH _____ F _____

E-mail _____

"If necessary, I hereby authorize the above-named participant to be treated by any qualified, licensed medical personnel."

"I know that competing in a road race is a potentially hazardous activity. I should not enter and compete 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 race. I assume all risks associated with participating 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 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 _____ DATE _____
 (PARENT'S SIGNATURE if participant is under 18)

**Safety: ALCOHOLIC BEVERAGES ARE NOT PERMITTED IN KIRBY PARK.
FOR YOUR SAFETY, WE DISCOURAGE THE USE OF HEADPHONES
PARTICIPANTS ARE NOT PERMITTED TO BE ACCOMPANIED BY ANIMALS.
BABY STROLLERS OF ANY TYPE ARE PROHIBITED.**

AGE-GROUP AWARD CATEGORIES:

Men

19 and under
20 - 29
30 - 34
35 - 39
40 - 44
45 - 49
50 - 54
55 - 59
60 - 64
65 & over

Women

19 and under
20 - 29
30 - 34
35 - 39
40 - 44
45 - 49
50 & over