

**Adam's Apple 5k Fun Run**  
Benefits the Sheffield United Methodist Church's VBS Program  
**Saturday, October 11<sup>th</sup>, 2014**

**1.**The race begins and ends at the Sheffield United Methodist Church (11 West Main St.) in Sheffield, PA.

**2.**Registration begins at 8:00 am. **The race begins at 9:00 am.**

**3.**Awards will be given to the top three male and female runners in each division and to the top male and female runner, overall. The divisions are 11 and under, 12-16, 17-25, 26-45, 46+

Any questions? Contact Kristen Joblon at [Kristen.joblon@gmail.com](mailto:Kristen.joblon@gmail.com) or (814)203-6158

**The Adam's Apple 5k Fun Run is held in conjunction with the Johnny Appleseed Festival. Plan to stay and visit the festival for the lumberjack competitions, great food and creative vendors!**

(Cut along the dotted line and save the top portion as a reminder.)

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**Adam's Apple 5K Registration Form**

**Name:**

**Age:**

**Address:**

**Phone:**

**Email:**

**T-Shirt Size:** Youth S M      **Adult** S M L XL      **Sex:** Male Female  
(T-shirts are guaranteed ONLY to pre-registered runners)

**Release of Responsibility:** In consideration of being accepted to run the 5K, I assume all risks associated with running or walking this race. Having read this release, I waive and release the SUMC, all sponsors and the town of Sheffield, PA from all claims to liabilities of any kind arising from my participation in this event.

**Participant Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Parent/Guardian Signature (if under 18)** \_\_\_\_\_

**Make checks payable to: Sheffield United Methodist Church**  
**\$15 Pre-Registration (must be postmarked by 9/22/14) or \$20 thereafter.**

**Mail to:** Kristen Joblon P.O. Box 323, Sheffield, PA 16347