



MetroCast Giving Back 5K Run/Walk

Saturday, April 11, 2015

The 2015 5K proceeds will go to local Veterans through the Wilkes-Barre VA Hospital which provides transportation services, social service assistance, rehabilitation equipment, recreation programs, activities, homeless Veteran's services, holiday gifts, and more. The 2015 MetroCast Giving Back 5K is in remembrance of two recently departed veterans: Ben C. Alter and Thomas J. Carey, the loving fathers of Race Directors Doug Alter and Chrissy Carey.

RACE HEADQUARTERS: Summerhill Volunteer Fire Company, 422 Summerhill Road, Berwick

STARTING TIME: Registration 7:30 AM – 8:45 AM; Race Starts at 9:00 AM

COURSE: Start and Finish are at Summerhill Fire Company. Course comprised of rolling hills, challenging enough for experts, easy enough for walkers.

AWARDS: Trophy given to the top 3 overall. Medals for the top 3 placed in each of 14 categories for both male & female. (No duplication of awards.)

AGE GROUPS:	9 and Under	40-44
	10-14	45-49
	15-19	50-54
	20-24	55-59
	25-29	60-64
	30-34	65-69
	35-39	70 and up



BREAKFAST: After the race, a complimentary hot breakfast will be served to all participants.

T-SHIRTS: The first 150 participants will get a free MetroCast Giving Back 5K Dry-Fit t-shirt.

ENTRY FEE: \$20.00 Preregistered; \$25.00 Day of Race

Make Checks Payable to: MetroCast Foundation

Mail to: 911 North Market Street, Berwick, PA 18603

For more information: Go to www.neparunner.com, call 570-802-5660 or email: ccarey@metrocast.com

-----DETACH HERE-----

MetroCast Giving Back 5K Run/Walk Registration Form – Please fill out and return.

In consideration of this entry being accepted, I, intending to be legally bound, on my own behalf, as well as on behalf of my successors, assigns and heirs, hereby releases, acquits and forever discharges MetroCast Foundation, MetroCast Communications and their parents, subsidiaries, affiliates and each of their representatives, owners, officers, directors, agents, assigns and employees from any and all liability arising out of my participation in the MetroCast Giving Back 5K Run/Walk.

Name _____ Male or Female (circle one) _____
Age _____ Birth Date _____
Street _____ Phone _____
City, State, Zip _____ Shirt Size S M L XL 2X
Email _____ (will be used for updates/results)
Signature of Runner _____
Signature of Parent or Guardian (if under 18) _____

(Return this form to: MetroCast, 911 N. Market Street, Berwick, PA 18603 with payment)