



The Inaugural STAY STRONG AMERICA

5K run/walk - Strong Kids 1 mile

Saturday, May 23, 2015



Fundraiser for:
Pennsylvania Army National Guard Unit Hardship Fund

American Legion Post 790, Smithton Trailhead Yough Rail Trail, Smithton PA 15479

6:45 to 7:45 am – Registration and packet pickup (pre-register by May 3 to guarantee a t-shirt)

8:00 am – 1 mile Strong Kids' Run "Our Kids...Our Future...Our Strong America!!"

8:15am – 5K (3.1 mile) Run/Walk (both are timed with separate awards)

Celebrate America and remember our military veterans Memorial Day weekend!

1 mile Kids' Run "Our Kids...Our Future...Our Strong America!" – Kids ages 12 and below
ALL kids receive an award and all pre-registered kids will get a t-shirt too (signup by May 3)!

Prizes/Medals to Top 3 each age group - Female/Male – Runners and Walkers separate
5K Age Groups- 10&U, 11-13, 14-16, 17-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 +

★★Random drawings of donated items will take place following the race –
so be sure to stick around to see if you're lucky!★★

Preregistration by paper - \$22 for the 22 veterans who unfortunately commit suicide daily.

All proceeds and checks: "American Legion Post 790 – Stay Strong America 5K".

For race information and to volunteer, donate to, or sponsor the event, please email

Robert Prah at prah@calu.edu or Karen Primm at kprimm@verizon.net

Entry forms, waivers, and donations should be mailed to:

Mary E. Kreis, Stay Strong America 5K, 306 Fell St, Belle Vernon, PA 15012

First Name		Last Name	
Address		City, State, Zip	
Phone		Email (to confirm entry)	
Event (Circle)	5K Run or 5K Walk or 1m Kids	T-shirt size (Circle)	Youth, S, M, L, XL
Gender/Age	M or F / Age:	Entry fees	\$22 adult/\$11 kids

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with running this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release the organizers of the race, City, The Parks and Recreation Board, and all sponsors, their representatives and successors, for all claims or liabilities of any kind arising out of my participation in this event.

Signature (Parent's Signature If under 18) Date _____