

First Annual

A Length For Strength

5k & 1 mile fun walk

All proceeds go to the ALS Association

In loving memory of Thomas Nale



June 21, 2014

5k starts at 9 am

1 mile fun walk starts at 9:30 am

**Race will be held at Riverside School:
318 Country Club Drive, Ellwood City PA**

Pre-registered participants by June 5th, 2014 is \$15.00.

Registered participants after June 6th, 2014 is \$20.00.

Make checks payable to:

A length for Strength in care of Aubrey Santillo

Send Applications and checks to

Aubrey Santillo

493 Mercer Rd

Beaver Falls, PA 15010

For more information call (724) 846-6482 or email Asantillo22@outlook.com

Awards

Trophies will be given for the top 3 overall for both men and women. Metals will be given to the top 3 in each age group:

14 & under	45-49
15-19	50-54
20-24	55-59
25-29	60-64
30-34	65-69
35-39	70 & over
40-44	

Name: _____ **Age:** _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: _____ **Gender:** **Male** _____ **Female** _____

5k _____ **1 mile fun walk** _____ **Shirt size:** **Small** _____ **Medium** _____ **Large** _____ **Extra Large** _____

I know that running is a potentially hazardous activity. I should not enter or run this event 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 run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application. I, for myself and anyone entitled to act on my behalf, waive and release this race and all organizers, sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I also release any photos that may involve myself.

Signature/ (Parent or Guardian): _____ **Date:** ____ / ____ /2014