

2018 Run for the Ages!

3rd Annual Alumni & Friends 5K Run/Walk

August 11, 2018



**7:00 am Registration and packet pick-up
at the pavilion in the middle of the practice fields**
8:00 am Walk 8:30 am Run



See Map
www.usatf.org/routes/view.asp?rID=590364

Join us for a run or walk through the Death Valley Athletic Fields on the lower campus of Southern Columbia Area School District to celebrate a new cross country season, and hopefully reconnect with some of the friends you created during your years at SCA. The course is well marked with mile and half mile markers, painted direction lines and arrows, and a water/aid station halfway through the course. It is run on a well-manicured grass path around the athletic fields and through some wooded areas of the lower campus. The course is wheel measured for accuracy and is totally flat and fast.

Registration Fee: \$18.00 – Registration received by Tuesday August
 Payable to: \$25.00 – Registration on race day
 SCCF \$10.00 – Current Cross Country team members

Mail to:
 District Office – Mike Yeager
 Southern Columbia Area S D
 800 Southern Drive
 Catawissa, PA 17820

T-Shirt guaranteed to the first 60 entrants.

Framed awards to the top 5 overall Male and Female Finishers. All finishers receive a certificate with their name and finish place and time.

----- Detach Here -----

The undersigned, intending to be legally bound hereby, for himself/herself, his/her heirs, executors, administrators and assigns, remises, releases and forever discharges Southern Columbia Area School District, its school directors, officers, agents and employees, their successors and assigns ("Releasees") of, from and against all and all manner of actions and causes of action, suits, judgements, claims (including the right of contribution and indemnification concerning any third party), of whatsoever kind or nature, foreseen or unforeseen, in law or equity, which the undersigned, or anyone claiming through the undersigned, any third party and all of them, jointly and severally, have or shall have, against the Releasees, or any of them, arising out of or any way connected with the undersigned's participation in The Death Valley Cross Country Kick-off and Alumni Run/Walk.

The undersigned realizes and acknowledges that as of a result of this Release, he/she will not be able to hold the Releasees liable for any injuries the undersigned incurs arising out of or in any way connected with the undersigned's participation in the Death Valley Cross Country Kick-off and Alumni Run/Walk. The undersigned further realizes and acknowledges that any cost the undersigned incurs for medical treatment for any such injuries will be the undersigned's sole responsibility.

Name _____ Circle one M F Age as of 8-12-17 _____ Birthdate ____/____/____

Address _____ City _____ State _____ Zip _____ Phone # _____

Email Address: _____

If a SCA grad, what year? _____ What sports did you do? _____ T-Shirt Size S M L XL XXL

Print Name _____ Print Parent/Guardian Name _____

Signature _____ Signature _____

Date _____ Date _____