



# 2010 Cambria County Bar Association 5K Run / Walk ~ JULY 31, 2010. 9AM

UNIVERSITY OF PITTSBURGH AT JOHNSTOWN

**\*\*No baby strollers or dogs\*\***

### REGISTRATION INFORMATION

Fee: \$15.00, Registration post-marked by July 15, 2010

Fee: \$ 20.00, Registration post-marked after July 15, 2010 or on race day

#### AWARDS - RUNNERS

Overall - Top 3 Male and Top 3 Female  
Age Group - Top 3 Male and Top 3 Female  
19 and Under, 20-29, 30-39, 40-49, 50-59, 60-69,  
70+

#### AWARDS - WALKERS

Overall - Top 3 Male and Top 3 Female

COURSE - UPJ Cross Country Course

Come out and support the Cambria Bar Foundation which supports community outreach programs in Cambria County and run on one of the area's premier cross country trails!

NAME: \_\_\_\_\_ PHONE: ( ) \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

BIRTHDATE ON RACE DAY: \_\_\_\_\_ SEX: ( ) M ( ) F EMAIL: \_\_\_\_\_

( ) RUN ( ) WALK

SHIRT SIZE: S M L XL

In consideration of acceptance of this entry, I for myself, my heirs, executors and administrators, have read and accept the conditions of this entry form, and hereby release and waive all rights and claims for damages I may have arising against all sponsors, volunteers and organizers of this race for any injuries, illnesses or actions which may result through my participation in the above captioned race. I verify that I am physically fit and sufficiently trained to finish this race. I further grant and permit full release to all parties of this event to use my name and photograph for news coverage and publicity purposes.

\_\_\_\_\_  
Signature (Parent or Guardian if under 18)

\_\_\_\_\_  
Date

Checks Payable To: CAMBRIA COUNTY BAR ASSOCIATION  
Mail To: WAYNE LANGERHOLC, ESQ.  
HIGHLAND COMMONS  
351 BUDFIELD STREET - SECOND FLOOR  
JOHNSTOWN, PA 15904

TIMING BY: DAVID MAPES

RACE RESULTS - [www.davidmapesfinishline.com](http://www.davidmapesfinishline.com)