

**VENANGO COUNTY MH/DS
AND
V.C. WELLNESS**

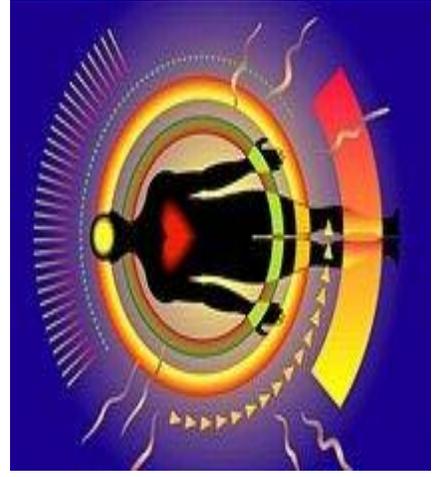
Invite you to join in the

2nd Annual

5K

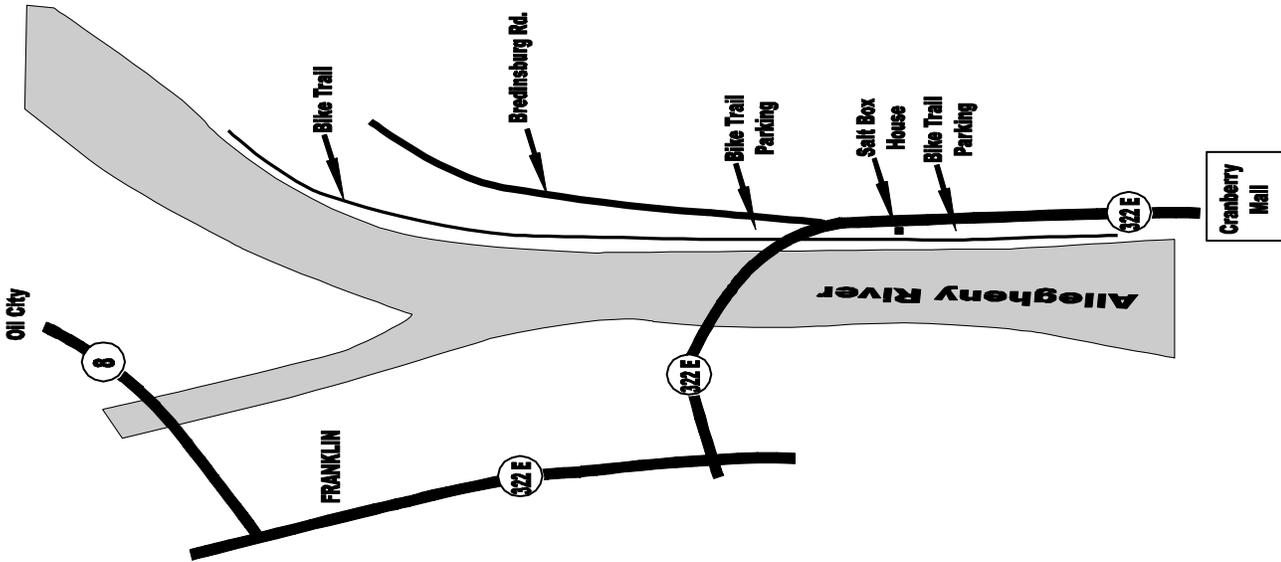
**Run and Walk
For Mental Health**

Saturday May 19, 2012
Registration begins at 8:00 AM
Walk starts at 9:00 AM
Run starts at 9:30 AM



Venango County MH/DS
1 Dale Avenue
Franklin PA, 16323

FIRST-CLASS MAIL U.S.
POSTAGE PAID
FRANKLIN, PA 16323
PERMIT NO. 106



Follow 322E from Franklin across
8St. Bridge at end of bridge SaltBox
House will be on right follow
322E to entrance

**VENANGO COUNTY MH/DS & V.C. Wellness 5K
ENTRY FORM**

Name: _____
(Last First Middle Initial)
Address: _____ City: _____ State: _____ Zip: _____
Home phone: _____ Cell phone: _____ E-Mail: _____
Sex: (M) (F) Age: _____ Run/Walk: _____(X) if yes Walk only: _____(X) if yes
Shirt Size (S) (M) (L) (XL) (XXL)

Make Checks Payable to: Venango County Mental Health & Developmental Services

Mail to: Venango County MH/DS, 1 Dale Ave., Franklin PA, 16323

Registration can be dropped off Mon – Fri, 9 am – 4 pm at the Venango County MH/DS, 1 Dale Ave., Franklin, PA 16323

Date of Race: May 19, 2012 **** **Pre-Registration Date:** May 4, 2012

RELEASE AND WAIVER

I certify that I have decided to participate in the Venango County MH/DS & V.C. Wellness 5K with full knowledge that being physically fit and sufficiently trained is necessary to prevent any injury to myself. In consideration of the acceptance of my entry, I for myself, my executor, heirs, administrator and assigns, waive, release, and discharge any and all claims against the Venango County MH/DS and V.C. Wellness, and Venango County, and CABPA, and Township of Cranberry and the State of Pennsylvania, all volunteers, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. I acknowledge that entry fees are non-refundable and non-transferable for any reason.

RUNNERS SIGNATURE: _____ **DATE:** _____
(Parent's signature if under 18 years of age)

Starting Time: Walk Only 9:00 am - Run/Walk 9:30 am - On May 19, 2012

Location: Franklin/Oil City Bike Trail starting and finishing Franklin side off US Rte 322.

Entry Fee: \$14.00 pre-registered, \$16.00 day of the event.

Registration: Pre-registration deadline is May 4, 2012. All pre-registered participants will receive an attractive short sleeve T-shirt. Race day registration is from 8:00 am to 8:45 am inside the SaltBox House. Remaining shirts will be distributed first come first served.

Divisions Run/Walk: Men's and Women's overall, Men and Women ages 13 and under, 14-19, 20-25, 26-31, 32-37, 38-43, 44-49, 50-55, 56-61, 62+.

Divisions Walk: Men's and Women's overall, Men and Women ages 13 and under, 14-19, 20-25, 26-31, 32-37, 38-43, 44-49, 50-55, 56-61, 62+.

Awards: Overall Men's and Women's 1st, 2nd, 3rd Place Trophy. 1st, 2nd, and 3rd in all divisions receive a medal. No Duplications of awards.

Water/Timing: Water will be available during the run/walk. Timing is being provided by The Erie Runners Club

Post-Race: Cookies, Fruit, and drinks will be provided.

Proceeds: All proceeds from the event will be split between Venango County Wellness Program and the Mental Health Drop In Center, The POINTE

Award Ceremony: To be held at the SaltBox House as soon as the results are available.

The course: Bike Trail Franklin to Oil City, out-and-back 3.1 miles, Starting on Franklin side off US 322

Make as many copies of the entry form as you want and bring a GROUP!!

For further information, please contact: **Marie Plumer at 814-432-9753**

You can E-MAIL US at **mplumer@co.venango.pa.us**

Timer: **www.erie-runnersclub.org**

Use Your GPS to find us on Race Day: **N41°23.236 W079°49.055**