

2019 "Pass the Pancakes" 5K Race

5K Run/Walk

Hosted by FLB Soccer Club

Sunday, July 28, 2019

Registration: 7:00 am

Start: 8:00 am

All Registered Runners receive a Free Pancake Breakfast provided by Friends of Fort LeBoeuf Soccer Club immediately after the race at Picnicana Park!

Picnicana Park, 9260 Old French Road (Summit Township) Waterford, PA

Course starts and ends near Picnicana Park, through scenic rolling hills and farmland countryside.

Awards (real maple syrup):

- First overall Men's and Women's (full pint)
- Top 3 M&F: 14 & Under; 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+ (half pint)

Runner's High Champion Chip Computer Timing

Proceeds Benefit Fort LeBoeuf Soccer Club

-----Cut or Tear Here-----

First Name: _____ Last Name: _____ (Circle One:) Male / Female

Street: _____ City: _____ State: _____ Zip: _____

Age (on July 28, 2019): _____ Birth Date: ____/____/____ Email: _____

Check One:

Pre-Register Fees

__ \$20 Race only (NO T-Shirt)

__ \$30 Race + T-Shirt
limited)

Circle T-Shirt Size (only if getting shirt):

AdultSmall | AdultMedium | Adult Large | AdultX-Large | Adult2X-Large

Day-of-Race Fees

__ \$25 Register Race only NO T-Shirt

__ \$35 Register + T-Shirt (quantities and sizes

Entry Fee Enclosed: \$ _____ Make Checks Payable to "FLB Soccer Club"

Mail form and payment to: FLB Soccer Club; P.O. Box 135; Waterford, PA 16441

I assert that I am sufficiently conditioned to complete a 5K (3.1 miles). I will hold neither "Pass the Pancakes" race organizers, Fort LeBoeuf Soccer Club, Summit Recreation Board Members, Lions Club Members, Summit Township, nor any other persons or organizations associated with the race accountable for any injuries, health issues, or problems that may arise from my participation in this race.

Signature (Parent or Guardian if under 18) _____ Date: _____