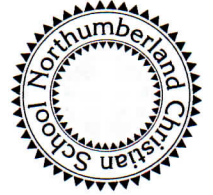


3rd Annual Pineknotted 5K Fall Fudge Run

Hosted by:



Saturday, October 8, 2011 at 9:00 a.m.

LOCATION: Northumberland, PA. Follow Rt. 11 to King Street Park in Northumberland.

REGISTRATION: Those that are preregistered by October 1 and those registering on race day need to register between 8:00 and 8:45 am at the pavilion in the middle of King Street Park.

COURSE: 3.1 miles through the historic section of Northumberland. Wheel measured.

ENTRY FEE: \$15 by October 1 or \$20 thereafter. Make checks payable to NCS.

SOUVENIR T-SHIRT: T-shirts will be given FREE to the first 100 registered runners.

AWARDS: \$50 gift certificate from Elite Feet to top male and female runner. Fudge will be awarded to the top three competitors in each age group - 1 lb. for first place, 1/2 lb. for second place, 1/4 lb. for third place.

~ A PIECE OF FUDGE TO EVERY FINISHER & LOTS OF GREAT DOOR PRIZES ~

INFORMATION: Contact Race Director Bethany Daku-Treas at 570-490-8748 or bjoydt@yahoo.com

AGE GROUPS: (Male & Female): 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 & over

REFRESHMENTS: Will be served after the race.

LITTLE WARRIORS RUN: Start time is 10:00 am. Age groups: 1-5 (1/4 mile), 6-8 (1/2 mile), 9-10 (1 mile). Both races will take place near King Street Park. A \$2.00 entry fee will be collected the day of the race.

ABOUT THE COURSE

Northumberland started as a frontier city and served as an important transportation center during the canal and railroad eras. It is a community proud of its heritage and committed to preserving it for future generations. During the run you will pass by some historical buildings that may be read about in the self-guided walking tour pamphlet.

The course starts at King Street Park and goes down Second Street and turns right onto Queen Street. The course will take you down Queen Street until you reach Sixteenth Street. A right onto Sixteenth Street begins the uphill section of the course and takes you to Orange Street. Once on Orange Street, you will make a left turn onto Fifteenth Street. After you do a loop at the end of Fifteenth, you will descend Fifteenth Street and make a left to continue down Orange Street. When you come to Eighth Street you will make a right onto it and then an immediate left onto King Street. Continue on King Street until the finish by King Street Park.

----- DETACH HERE -----

REGISTRATION FORM: Send a check along with this registration form to: Northumberland Christian School [□]
351 5th Street [□] Northumberland, PA [□] 17857. (\$15 by October 1 or \$20 thereafter.) Or register at www.parunners.com

NAME: _____ PHONE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

AGE: _____ DATE OF BIRTH: ____/____/____ SEX: M F SHIRT SIZE: S M L XL

E-Mail ADDRESS: _____

I enter this event properly trained and in good health with the realization that such an activity is a potentially dangerous one. In consideration of this entry being accepted, I, intending to be legally bound, waive and release any and all rights and claims for injuries that may occur at this event against the organization holding the event and all those conducting the event.

SIGNATURE (Parental consent if under 18) _____