



Saturday, August 15, 2009  
[www.raceforthenation.org](http://www.raceforthenation.org)

<b>Kids 12 &amp; Under</b> <b>One Mile Fun Run Awards</b> First boy and girl finisher receive a special gift. Other finishers will receive a medal.	<b>5K Open Awards</b> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="color: white;">Men</th> <th style="color: white;">Women</th> </tr> </thead> <tbody> <tr> <td style="color: white;">1<sup>st</sup> \$200</td> <td style="color: white;">1<sup>st</sup> \$200</td> </tr> <tr> <td style="color: white;">2<sup>nd</sup> \$100</td> <td style="color: white;">2<sup>nd</sup> \$100</td> </tr> <tr> <td style="color: white;">3<sup>rd</sup> \$50</td> <td style="color: white;">3<sup>rd</sup> \$50</td> </tr> </tbody> </table>	Men	Women	1 <sup>st</sup> \$200	1 <sup>st</sup> \$200	2 <sup>nd</sup> \$100	2 <sup>nd</sup> \$100	3 <sup>rd</sup> \$50	3 <sup>rd</sup> \$50	<b>5K Masters Awards</b> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="color: white;">Men</th> <th style="color: white;">Women</th> </tr> </thead> <tbody> <tr> <td style="color: white;">1<sup>st</sup> \$100</td> <td style="color: white;">1<sup>st</sup> \$100</td> </tr> <tr> <td style="color: white;">2<sup>nd</sup> \$50</td> <td style="color: white;">2<sup>nd</sup> \$50</td> </tr> <tr> <td style="color: white;">3<sup>rd</sup> \$25</td> <td style="color: white;">3<sup>rd</sup> \$25</td> </tr> </tbody> </table>	Men	Women	1 <sup>st</sup> \$100	1 <sup>st</sup> \$100	2 <sup>nd</sup> \$50	2 <sup>nd</sup> \$50	3 <sup>rd</sup> \$25	3 <sup>rd</sup> \$25	<b>5K Age Group Awards</b> <b>Top (3) in each division</b> 12 & Under; 13-15; 16-19; 20-29; 30-39; 40-49; 50-59; 60 & Over
Men	Women																		
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**Location:** Gateway Avenue, Chambersburg, PA 17201. From I-81 South take exit 16 (Rt. 30). Make a left off the exit on Rt. 30 West, Lincoln Way Avenue. Make a right at the first light onto Walker Rd. and follow till you reach Gateway Avenue on the left. From I-81 North take exit 17-Walker Road, make a right off the exit and follow till you reach Gateway Avenue on right.

**Registration:** Entry fees received before August 15<sup>th</sup> are \$10 for the kid's one-mile fun run and \$20 for the 5K Race. Entries received on race day are \$30 for the 5K Race. Race-day registration will begin at 7:00 a.m. in the Keystone Ford Parking lot located on Gateway Avenue. The kid's one-mile fun run begins promptly at 8:00 a.m. The 5K Race begins at 8:30 a.m. First 200 pre-registered are guaranteed a race t-shirt.

**Payment:** Please make checks payable to NOVA Corporation and mail to 417 Phoenix Drive, Suite B; Chambersburg, PA 17201 – Attention: Chris Pereschuk, Race Director, 717.262.9725. [chris.pereschuk@nova-dine.com](mailto:chris.pereschuk@nova-dine.com). Only cash will be accepted on race day.

**Donations:** Donations will be accepted before, on, and after August 15<sup>th</sup>. Fifty percent of the proceeds from this event will be donated to our Local Youth Football Teams including the Chambersburg Steelers, Hamilton Jaguars, Scotland Broncos and Fayetteville Browns. The other fifty percent will be donated to the Southwest Indian Foundation for their programs in Housing and children's education.

**5K Course:** The 5K course is officially USATF Certified and considered flat and fast.

- Open Men's Course Record:** Matt Byrne, Philadelphia, PA (PUMA Running) – 15:32.6
- Open Women's Course Record:** Sarah Boward, Fayetteville, PA (Mercury Endurance) – 19:40.6
- Master's Men's Course Record:** Tim Schuler, Chambersburg, PA – 16:34.2
- Master's Women's Course Record:** Karen Abbamonte, Boonsboro, MD – 21:20.7

**Course Record Cash Bonus:** A bonus of \$100 will be given to an individual that establishes a new course record in the open men, open women, master's men or master's women category and finishes 1<sup>st</sup> overall for their respective division.

-----Cut here and send back lower section with payment-----

Name: \_\_\_\_\_ Sex: [M] [F] Age on 8/15/09: \_\_\_\_\_  
 Street Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
 Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_  
 T-Shirt Size: [S] [M] [L] [XL] [XXL]

**Legal Release:** I know that running a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete this event. I assume all risks associated with running in this event including, but not limited to, contact with other participants, the effects of the weather, including high heat and humidity, traffic and the conditions of the road. All such risks being known and appreciated by me, having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive, and release NOVA Corporation, the borough of Chambersburg, all sponsors, there representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature of Participant		Date		Signature of Relative (if under 18)		Date
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