



2nd Annual 5K Race for the Nation

Featuring 1964 Olympic 10,000 Meter Gold Medalist Billy Mills

**Kids 12 & Under
One Mile Fun Run Awards**
First boy and girl finisher will receive a special gift. All other finishers receive a medal. \$10.

Overall Awards Men / Women	
1st \$200	1st \$200
2nd \$100	2nd \$100
3rd \$50	3rd \$50

Masters Awards Men/ Women	
1st \$100	1st \$100
2nd \$50	2nd \$50
3rd \$25	3rd \$25

**Age Group Awards
Top three in each division**
12 & Under; 13-15; 16-19; 20-29;
30-39; 40-49; 50-59; 60 & Over

Saturday August 15, 2009, Chambersburg, PA
www.raceforthenation.org

Location: 500 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 15th are \$10 for the kids race and \$15 for the 5K. Entries received on race day are \$25 for the 5K Race. Race-day registration begins at 7 a.m. in the Keystone Ford Parking lot. Kid's one mile fun run begins promptly at 8:00 a.m. 5K Race begins at 8:30 a.m. Everyone pre-registered will receive a race t-shirt.

Payment: Make checks payable to NOVA Corporation, 417 Phoenix Drive, Ste B, Chambersburg, PA 17201 – Attention: Chris Pereschuk, Race Director, 717.262.9725. chris.pereschuk@nova-dine.com. Only cash will be accepted on race day.

Donations: All proceeds from this event will be donated to our Local Youth League Football Teams and to the Southwest Indian Foundation's Housing Program.

5K Course: Official USA Track & Field Certified Course. This course is considered flat and fast. Starts and Finishes on Gateway Avenue near Bruster's Ice Cream shop.

Men's Course Record: Matt Byrne, Philadelphia, PA (PUMA Running) – 15:32.06

Women's Course Record: Sarah Boward, Fayetteville, PA (Mercury Endurance) – 19:40.06

Course Record Cash Bonus: A bonus of \$100 will be given to an individual that establishes a new course record for the open men or open women category and finishes 1st overall for their respective division.

Entry Form for NOVA Corporation's 2nd Annual 5K Race for the Nation

Name: _____ Sex: [M] [F] Age on 8/15/09: _____

Address: _____

Telephone: _____ E-mail: _____

T-Shirt Size: [S] [M] [L] [XL] [XXL] [XXXL]



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, CRRC (including any and all there employees/members), 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