



# Glen Summit Spring Water Harvey's Lake and 5k Run

Saturday April 21, 2012

9:10am Lake Run

9:00am 5K Run

Start/Finish at Grotto's Pizza  
Harvey's Lake, PA

**Free Cross Fit Kids for the children  
of all pre-registered runners!  
Sign up your 5 – 14 year today\***

Register by mail \$25 Lake Run/\$20 5K race  
Register on-line at [www.lin-mark.com](http://www.lin-mark.com)

Proceeds go to support foster care and adoption in NEPA

Mail Registration to:

Wilkes Barre Racing, P.O. Box 2487, Wilkes Barre, PA  
18702

Check [www.wilkesbarracing.com](http://www.wilkesbarracing.com) for last minute  
details

**Make Checks Payable to: Wilkes Barre Racing, Inc.**

**\*Drop your kids off by the National Guard Climbing Wall and we will care for them during the entire course of the race. Children will engage in supervised athletic events, receive a nutritious snack and get take-home fitness tips and prizes.**



## Glen Summit Spring Water Harvey's Lake Run Registration

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

\_\_\_\_\_

**PHONE#:** \_\_\_\_\_ **EMAIL:** \_\_\_\_\_ **Sweatshirt Size** \_\_\_\_\_

\_\_\_\_\_ **MALE** \_\_\_\_\_ **FEMALE** **AGE** \_\_\_\_\_ (on race day)

**Full Lake Run** \_\_\_\_\_  
**(\$25 in advance/\$30 Race Day)**

**5K Run** \_\_\_\_\_  
**(\$20 in advance/\$25 Race Day)**

**(Check the name of the race you are running)**

"If necessary, I hereby authorize the above-named runner to be treated by any qualified licensed medical personnel. I know that running a road race is a potentially hazardous activity. I should not enter and run 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 the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effect of weather including heat and/or humidity, traffic and the conditions of the road, all such risks being 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 the organizers, Harvey's Lake Borough, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver"

**SIGNATURE:** \_\_\_\_\_

**If under 18, a signature of a parent or guardian is required prior to participation.**

Mail Registration to:  
Wilkes Barre Racing, Inc., P.O. Box 2487  
Wilkes Barre, PA 18702  
Checks payable to Wilkes Barre Racing, inc.

## Cross Fit Kids Registration

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

\_\_\_\_\_

**PHONE#:** \_\_\_\_\_ **EMAIL:** \_\_\_\_\_

\_\_\_\_ **MALE** \_\_\_\_ **FEMALE**      **DOB** \_\_\_\_\_ **(DD/MM/YEAR)**

**I plan on having the following children attend CrossFit Kids at the Glenn Summit Spring Water Harvey's Lake Run**

\_\_\_\_\_ **Boy**\_\_ **Girl** \_\_\_\_ **DOB** \_\_\_\_\_

\_\_\_\_\_ **Boy**\_\_ **Girl** \_\_\_\_ **DOB** \_\_\_\_\_

\_\_\_\_\_ **Boy**\_\_ **Girl** \_\_\_\_ **DOB** \_\_\_\_\_

\_\_\_\_\_ **Boy**\_\_ **Girl** \_\_\_\_ **DOB** \_\_\_\_\_

**SIGNATURE:** \_\_\_\_\_

**Mail CrossFit Kids Registration to:  
Wilkes Barre Racing, Inc., P.O. Box 2487  
Wilkes Barre, PA 18702**