



7th Annual Health & Wellness Center RUN / WALK

Part of the 2012 Greater Hazleton Festival of Races

April 28, 2012

9:30 a.m. Kids FREE Fun Run (11 years and younger)

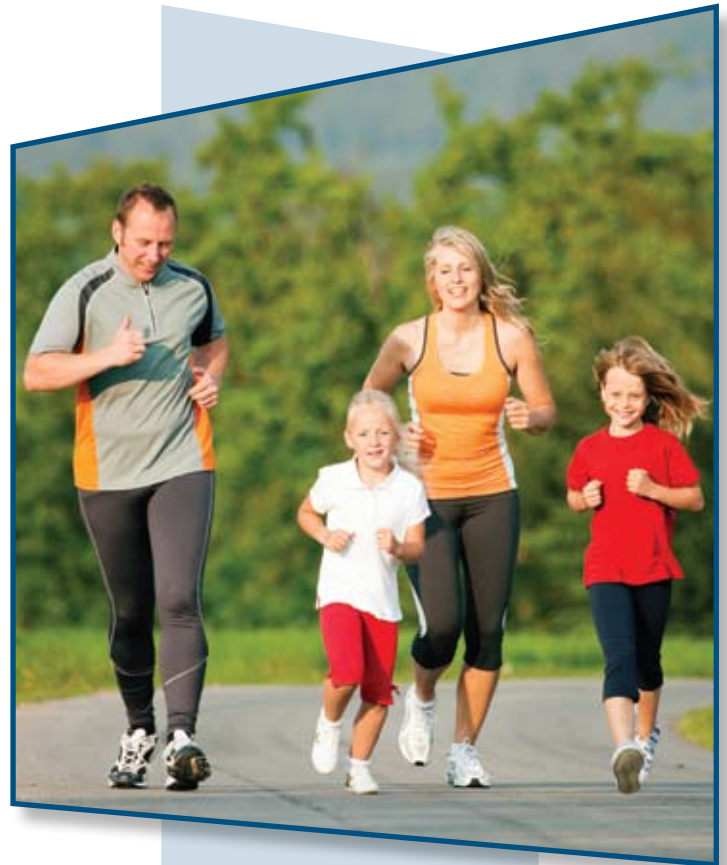
10:00 a.m. 5K Run/Walk

at the Hazleton Health & Wellness Center

50 Moisey Drive, Hazleton, PA 18202

(Across from Walmart on the Airport Beltway)

- Early registration: \$20 (deadline: April 14)
- Race day or late registration: \$25
- T-shirt guaranteed with early registration
- Awards and cash prizes: \$200 Cash prize each to overall top male & top female winner sponsored by Damon's Grill - Hazleton
 - Top (3) Overall Male and Female Runners and Walkers
 - Top (3) Male and Female Runners and Walkers in each age group
 - Team Awards (Business, Running/Walking Clubs, GHHA teams)
- Course Description - Race starting at HHWC lower level parking lot, left onto Airport Beltway, left into Hollywood section to turn-around and back; mainly flat and fast, slight incline at end, marked miles, expert timing, water station, and traffic control.
- Post-Race Party Sponsored by Damon's Grill - Hazleton



Course Records

Runners: Male – Matthew Byrne 15:13 (2011)
Female- Deedra Porfirio 19:41 (2011)

Walkers: Male – Tom Cheffins 30:12 (2007)
Female – Camille Jescavage 34:26 (2007)

Make checks payable to: Hazleton General Hospital
Send check and registration form to:

Hazleton Health & Wellness Center
The Fitness Center / Attn: Jerrod Ferrence
50 Moisey Drive / Hazleton, PA 18202

For more info call (570) 501.6750 or log-on to www.hazletonhealthandwellness.org

AWARDS AND AGE CATEGORIES

Awards and cash prizes will be presented to the top (3) overall male and female finishers in the run as well as walk events. Medals will be awarded to the top (3) male and female runners and walkers in the following age groups:

5K Run and Walk
(Three medals awarded
in each age group)

Men

14 & under

15-19 40-49
20-29 50-59
30-39 60+

5K Run and Walk
(Three medals awarded
in each age group)

Women

14 & under

15-19 40-49
20-29 50-59
30-39 60+

Team Awards

(Business, Running/Walking Clubs, GHHA teams)

Awards will be presented to top two teams in each category to finish run and walk. To qualify, teams must be comprised of at least three (3) people.

GHHA Employee Awards:

Medals presented to the first male and female finishers in the run and walk.

Directions to Hazleton Health & Wellness Center:

Interstate 81 - Take Exit 145 to Route 93 South. At 2nd light, make a left onto the Airport Beltway. Make a left onto Moisey Drive (2nd light at Walmart).

Route 309 - Follow Route 309 to intersection with Airport Beltway (Sheetz is on the corner). Turn onto Beltway (towards Sheetz). Make a right onto Moisey Drive at the light at Walmart.



REGISTRATION

Name: _____ Age: _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Sex: M F T-Shirt Size: S M L XL XXL

Please check appropriate boxes: Runner Walker Kids Fun Run

Business Team Entry (Name): _____

Running/Walking Club Team Entry (Name): _____

GHHA Team Entry (Choose One): HGH AMG HHWC

RELEASE: ALL ENTRANTS MUST COMPLETE THIS RELEASE

In consideration of the acceptance of my entry, I, intending to be legally bound, do hereby, for myself, my heirs, executors and administrators, waive, release, and forever discharge any and all rights and claims which I may have or which may hereafter accrue to me against the Greater Hazleton Health Alliance, its affiliated entities including Hazleton General Hospital and the Hazleton Health & Wellness Center, the officers, agents, representatives, successors, and/or assigns for any and all injuries suffered while traveling to or from this event or participating in it. I further attest that I consider myself to be in excellent physical health and that I have sufficiently trained for this event.

Signature: _____ Date: _____

(Parent must sign if under 18)

FOR OFFICE USE ONLY

Date Received: _____

Amount enclosed: _____

Cash Check

Date sent to A/P: _____