Saturday, June 17, 2006
Starting at G.O. Fitness in Chippewa

G.O. Fitness 5K plus 1 mile fun run/walk Kid's ¼ mile dash (ages 3-7)

2773 Darlington Road
Beaver Falls (Chippewa Twp.), PA 15010
724.847.4770

Go to
gofitnessonline.com
for directions to the fitness center and course map

TIMING BY :
Miles of Smiles
www.smileymiles.com

Start times: 5K- 8:30AM
1 mile fun run/walk- 8:40AM
Kids 1/4 mile dash- 9:30AM

Age Groups: 8-11, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 and over

Awards:
Top 3 overall Males and Females (trophies!)
Top 3 in each age group (M & F) (Gold, Silver and Bronze medals!)
Top 3 Males and Females in the "Lift and Be Swift" Competition (more Trophies!)
(see below for details)
Top Father/Child Team wins a special prize!!!

Entry fees:
5K – $15.00
Fun run/walk - $10.00
Kid's dash - $5.00
T-Shirts to First 100 Entries!
No kids T-shirts, they get medals!

"Lift and Be Swift" Competition:
Between 6:30AM and 8:00AM you will have the opportunity to go into G. O. Fitness and bench press your body weight. Weigh in, lift your body weight, earn time off your run for each repetition. No extra charge!

Celebrate Father's Day !!! in the Father/Child Competition:
New for 2006! We will have a special prize for the fastest father/child team. Add your times and the fastest team wins a prize.
Let us know on race day if you want to participate!

Same day registration and pre-registration sign in will begin at 6:30 AM at G.O. Fitness .

Return portion below this line

G.O. Fitness **5K, 1 mile fun run/walk, Kid's ¼ mile Dash**

I am entering (circle one): 5K 1 mile fun run/walk Kid's race

Name:_____ Sex: M F

Address:_____

City, State, Zip:_____

I want to be in the "Lift and Be Swift" Competition! _____ (Check Here!)
(No extra charge for this event!)

Birth date:_____/_____/_____ Age on Race Day:_____ T-shirt size: M L XL No Shirt
(Shirts not available for Fun Run/Walk & Kid's Race)

Waiver: I am willingly entering this running competition on my own volition. I understand the inherent risks of strenuous physical activity including injury and death. I hereby declare that I have trained sufficiently to perform in this contest and will hold no liability toward the organizers of this race, G.O. Fitness, any of the race sponsors, the volunteer staff or any agent of the aforementioned parties. By signing below I attest to this statement.

_____ _____/_____/_____ _____ _____/_____/_____
Signature of Participant Date Signature of Parent or Guardian (for those 17 and younger) Date

Mail Entry and Make Checks payable to: G.O. Fitness Center, 2773 Darlington Road, Beaver Falls, PA 15010