



# Live 4 Tomorrow

## 5k+ RUN and 5k+ WALK

### Saturday, September 3, 2022 @ 9:30 AM

**Registration:** \$25.00 by mail/online or \$30.00 Race Day. Registration begins at 7:30 a.m. at the Dawson Grange Community Fairgrounds, 110 Chaintown RD, Dawson, PA.  
<https://runsignup.com/Race/PA/Dawson/Live4Tomorrow5k>

**Awards:** All paid entrants receive a T-Shirt. Awards for the 5k+ run and 5k+ walk will be given to the top 3 male and female finishers overall and to the top 3 male and female finishers in each age group.

**Course:** Scenic course begins and ends at the Dawson Grange.

**Age Groups:** 11 & under, 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over.

**Questions:** Malory Spring – C: (724) 970-4492 Email: [live4tomorrow5k@gmail.com](mailto:live4tomorrow5k@gmail.com)

**Post-Race Activities:** Award ceremony and refreshments.

**Timing Service:** Wolf Creek Time Management

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#### **LIVE 4 TOMORROW APPLICATION**

Make check payable and mail to: Malory Spring, PO Box 195, Dawson PA 15428

Name \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_ Age (as of race day)

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ e-mail \_\_\_\_\_

Event \_\_\_\_\_ 5K+ Run \_\_\_\_\_ 5K+ Walk Shirt Size (Circle One) S M L XL XXL XXXL

For registrations by mail/online, please let us know by August 19, 2022 if you are running/walking:

*In remembrance of* \_\_\_\_\_

*or In honor of* \_\_\_\_\_

#### **Read and sign before Mailing**

In consideration of the acceptance of this entry, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors, administrators and assigns, waive and release any and all rights and claims for damages I may have against **Live 4 Tomorrow** and all sponsors of this event, and all persons or organizations assisting with this event, their officers, directors, agents, employees and any representative thereof, their successors and assigns, for any and all injuries suffered by me, of any nature whatsoever, in this event. I understand that a footrace is a potentially hazardous activity and I hereby certify that I am medically able and physically fit to participate in this event, that I am properly trained and that my physical ability to participate has been verified and confirmed by a licensed medical doctor.

Signature \_\_\_\_\_

(Signature of Parent or Guardian if under 18) \_\_\_\_\_