



5th Annual 5K Race for the Nation & One-Mile Fun Run

Saturday, August 4th 2012
Chambersburg, PA

5K Course Records		Schedule of Events	
Open Men	15:00	Race Registration	7:00 A.M. – 8:00 A.M.
Open Women	18:00	Kid's One-Mile Fun Run	8:00 A.M. – 8:15 A.M.
Master's Men	15:56	5K Race for the Nation	8:30 A.M. – 9:30 A.M.
Master's Women	18:30	Door Prize Drawings	9:30 A.M. – 9:45 A.M.
Course Record Bonus	\$100.00	Awards Ceremony	9:45 A.M. – 10:00 A.M.
Open and Master's Division Awards			
Open Men	Master's Men	Open Women	Master's Women
1 st = \$200.00	1 st = \$100.00	1 st = \$200.00	1 st = \$100.00
2 nd = \$100.00	2 nd = \$50.00	2 nd = \$100.00	2 nd = \$50.00
3 rd = \$50.00	3 rd = \$25.00	3 rd = \$50.00	3 rd = \$25.00
Age Group Awards & 1-Mile Fun Run Awards			
12 & Under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & above. First 3 boy and girl finishers in the One Mile Fun Run will receive special recognition at the awards ceremony. All finishers will receive a medal as they cross the finish line. Parents can run with their children in the One Mile Fun Run, but should not cross the finish line with them.			
5K Course Record Cash Bonus			
A \$100 Cash Bonus will be awarded to any person that breaks a course record in their respective division (Open or Masters) and wins that division. Double dipping is allowed.			

Event Registration

You can pre-register online at www.raceforthenation.org and pay the day of the event or fill out this form and send back with your check or money order made payable to NOVA Corporation, 601 Norland Avenue, Suite 201, Chambersburg, PA 17201 – Attn. Race Director. If you have questions contact Chris Pereschuk at 717.262.9725 or chris.pereschuk@nova-dine.com. Before July 27th 2012 the race fee for the 5K is \$20 and \$5 for the One Mile Fun Run. After July 27th 2012 the race fee for the 5K will go up to \$25 and it will remain at \$5 for the One Mile Fun Run. You must be 12 yrs. or younger to run the One Mile Fun Run. Race Day Registration opens at 7:00 A.M. in the Keystone Ford Parking Lot and closes at 7:45 A.M. for the One Mile and at 8:15 A.M. for the 5K Race.

Event Location - 301 Walker Road, Chambersburg, Pennsylvania 17201

From points north of Chambersburg, PA: take I-81S till you reach exit 17-Walker Rd. Turn right off the exit and follow till you reach Gateway Avenue on the right. Parking is across from the Ford Dealership.

From points south of Chambersburg, PA: take I-70W to I-81N (Exit 26). After you pass the Maryland/Pennsylvania Border on I-81 follow interstate till you reach Exit 16-Lincoln Way. Make a left off the exit onto Lincoln Way Avenue (Rt.30). Turn right at second stop light onto Walker Road. Follow Walker Road till you reach Gateway Avenue. Make a left onto Gateway and park in the Gateway Plaza. Registration is located across the street in the Keystone Ford Parking lot. The 5K race course is certified 3.1 miles by USA Track and Field (USATF).

Event Proceeds

Proceeds raise from this event will be donated to the Chambersburg Steelers Youth League Football Team for new equipment, uniforms, travel, and banquets. We will also donate proceeds from this event to the NOVA Corp. Scholarship Foundation.

-----Cut here and mail in the Form Below-----

Name: _____

Age (On August 4th 2012): _____

Gender (Male or Female): _____

Choose your Event (5K Race or One Mile Fun Run): _____
(Must be 12 yrs. of age or under to run the One Mile Fun Run)

Home Address: _____

City: _____

State: _____

Zip Code: _____

Phone Number: _____

E-mail Address: _____

T-Shirt Size: Adult Sizes (Small, Medium, Large, X-Large, and XX-Large): _____

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, the borough of Chambersburg, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature of Participant (Guardian if under 18): _____

Date: _____