

All proceeds benefit:



Directions:

From Interstate 80:

Take Exit 224 and drive west on Pennsylvania Route 54. At Washingtonville, turn right as if heading toward Strawberry Ridge. At the first intersection, turn left onto PPL Road. Continue north on PPL Road past the Montour power plant and a group of greenhouses to the intersection with Preserve Road. Turn right onto Preserve Road. Montour Environmental Preserve's office and visitors center will be on the left.

From Williamsport:

Take Interstate 180 east to Exit 5, Route 54 east toward Turbotville. Continue on Route 54. Watch for the intersection with state Route 44. Continue on Route 54 past the intersection. About a mile later, turn left onto Preserve Road. Continue past the intersection with PPL Road. Montour Environmental Preserve's office and visitors center will be on the left.

Run for Hope 5K
Project Kenya
1250 Whitmoyer Road
Watsonstown, PA 17777



5K

Run
for
HOPE

5K Run / Walk
and
Children's Fun Run

October 11, 2008

Montour Environmental
Preserve
Washingtonville, PA

For more information, visit
www.CountryRoadsFarm.com

Run for Hope
2008 Entry Form

Name _____ Birth Date _____
First M.I. Last

Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____

Male
 Female

Age Division

- 12 & under
- 13 - 19
- 20 - 29
- 30 - 39
- 40 - 49
- 50 - 59
- 60 +

- 5K Walker
- 5K Runner
- Children's Fun Run

T-shirt size: S M L XL XXL (add \$2.00 to fee)

(circle one)

Children's T-shirt size: S M L

Entry Fee	Runner/Walker:	Children's Fun Run:
	Before Sept. 17: \$16 Race Day: \$20	Before Sept. 17: \$8 Race Day: \$10

<u>Make check payable to:</u>	<u>Send check and completed entry form to:</u>
Project Kenya	Run for Hope 5K Project Kenya 1250 Whitmoyer Road Watsontown, PA 17777

In consideration of the acceptance of my entry, I for myself, my executors and assignees, do release and discharge all sponsors, volunteers, Project Kenya Personnel, Resurrection Singers, Montour Environmental Preserve, and PP&L from all claims of damages, actions and causes of action, whatsoever, in any manner arising or growing out of my participation in said athletic event. I hereby attest that I am physically fit and able to participate in the Run for Hope 5K.

Signature _____

Parent or guardian signature required if 18 or under

How I learned of this 5K:

- Advertisement.
- Family or Friends.
- Another 5K race.
- Other _____

Event Information:

- October 11, 2008 at 9:00 AM
- Race Day Registration and Packet pick-up is open from 7:45 AM to 8:45 AM.
- \$16 Pre-Registration until September 17th will be guaranteed a race shirt.
- \$20 Registration after September 17th. *We cannot guarantee a race shirt for late registrants.*

Children's Fun Run:

The Fun Run will take place after the run/walk. All children must register to participate. Pre-registration before September 17th, will guarantee a race shirt. There will be as many age groups as needed for all children up to age 10.

Course Description:

The 5K is on a moderately challenging grass course totally within the Nature Preserve. Each 1/2 mile will be marked and water will be available at half-way on the course.

Awards:

Trophies will be awarded to the Overall Male & Female winners. Medals will be awarded to the top 2 in each age group Male & Female (Walkers & Runners).

Any Questions, contact June Moser at:

Email: jgnature@yahoo.com
 Phone: 570.768.6474
 Website: www.CountryRoadsFarm.com

Please keep in mind that October weather is unpredictable, so be prepared for wet weather. There will be no make-up date nor refund of race fee.