

SPONSORS

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Admiral Stark Memorial 5K Run/Walk and Frank J. Valvano Memorial 10K Run – *July 27, 2024 - 8 AM*

Records - **5K Walk** - Dave Talcott 24:10/Erin Talcott 23:45 **5K Run** - Chris Wadas 15:34/Kelsey Cameron 18:31 **10K Run** Reese Ayers/Kevin Borelli 32:48/Samantha Snead 37:52

The course is roughly one lap of Lake Carey for the 5K and two laps for the 10K. Both courses are wheel measured and accurate. This will be held in conjunction with the annual Lake Carey Day festivities. Race day registration will be held from 7-7:45 a.m. at Station 69 (Lake Carey Fire Company) pavilion. Register on-line at [Runsignup.com](https://runsignup.com) (preferred) until July 25 or use this form and mail to:

Carie Burke 241 Bittersweet Dr. Hershey, PA 17033 Any questions? 1-717-343-4230

Registration – 20\$ - please make checks payable to Lake Carey Dam Association (25\$ day of race)

Awards given to the first overall male and female in the 5K walk, run, and the 10K run. A special Frank J. Valvano Award will be given to the first 200 lb plus male in the 10K (or 5K if no qualifiers in the 10K).

Awards will be given in the runs to the top three and in the walk to the first in the following age groups – both male and female.

0-12, 13-19, 20-29, 30-39, 40-49, 50-59, 60 and over. Tee shirts guaranteed to the first 125 runners. Timed by Scranton Running Co. All proceeds benefit the Lake Carey Dam Fund and the Lake Carey Volunteer Fire Co.

5K Run/Walk and 10K Run Lake Carey 8 a.m. July 27th, 2024. In signing this entry, I, for myself, my heirs, lawyers, executors, and administrators waive and release any and all rights and claims for personal damages I may have against the sponsors of the race. I hereby certify that I am physically fit and have trained for this event.

Name _____ Age _____

Address _____ Sex M F

Phone number _____

Shirt size: Adult S M L XL

RACE: 5K Walk 5K Run 10K Run

Signature _____ (parent if under 18)

<https://runsignup.com/Race/PA/Tunkhannock/AdmiralStarkMemorial5kandFrankJValvanoMemorial10k>