

STAMPEDE

IN THE PARK

Boyce Park Ski Lodge • Saturday, July 23, 2011

5K Run & Walk - 8:30 a.m.

1 Mile Run & Walk - 8:45 a.m.

Please note: In an attempt to improve the Stampede, we will be starting the 5K prior to the 1 Mile this year.

Organized By: Plum Running Mustangs Alumni Association

In the past, we ran for ourselves. Now, we run for others.

Plum Running Mustangs alumni have joined together to establish an annual 5K Run and Walk. Our Stampede in the Park was created for two reasons - to stamp out leukemia and to help graduating Running Mustangs race to a brighter future.

The Hillman Cancer Center was opened in 2002 to provide specialized prevention, detection and treatment to cancer patients. Beyond clinical care, patients and their families are provided with educational, counseling, nutritional and genetic resources. Funds raised from this race will specifically benefit research and practices focused on acute leukemia, chronic lymphocytic leukemia and lymphoma.

The first Plum Cross Country scholarship awards were presented in 2004 to recognize the senior athletes who have demonstrated leadership, devotion, and integrity to the team.

WE ARE HAPPY TO COLLECT DONATIONS TO UP CI ON RACE DAY

This Project was funded (in part) by a grant from the Commonwealth of Pennsylvania, Department of Community and Economic Development.

• OFFICIAL ENTRY FORM •

STAMPEDE IN THE PARK

NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____

ZIP: _____

PHONE: _____

EMAIL: _____

RACE: 5K Run & Walk 1 Mile

AGE: as of July 23, 2011 _____

SEX: M F

T-SHIRT: S M L XL XXL

Youth Sizes: M L

Check here if Running Mustang Alumni

WAIVER:

I attest that I am physically fit and have sufficiently trained for this event. I hereby waive all claims against the organizers of this race, the event sponsors, personnel and volunteers, Allegheny County Parks, the Commonwealth of Pennsylvania, and Plum Borough School District for and injury that I might suffer in this event. I voluntarily and knowingly assume and accept all risks associated with participating in this event. I grant full permission for the organizers to use photographs, audio and video recordings, and any other record of the event in legitimate accounts and promotions of the event.

SIGNATURE

SIGNATURE OF PARENT OR GUARDIAN

(Under 18, parent or guardian must sign)

ENTRY FEE: [Please do not send cash]

Min. Donation \$15 - Pre-Registration

Postmarked by 7:9:11

Min. Donation \$20 - Late/Race Day Registration

MAKE CHECKS PAYABLE TO:

Plum Running Mustangs Alumni Association

MAIL TO:

Stampede in the Park

P.O. Box 114091

Pittsburgh, PA 15229

OR REGISTER ONLINE AT: www.active.com

➔ ABOUT THE RACE ➔

LOCATION: Boyce Park Ski Lodge, Plum Borough

DESCRIPTION: Both races are held within Boyce Park. The 5K course consists of rolling hills with a downhill finish. It starts and finishes outside of the Four Seasons Lodge. This year, we will be timing the 5K with disposable chips. Results will be posted at www.runhigh.com. The 1 Mile race uses a portion of the 5K course with less emphasis on hills.

DIRECTIONS: From Pittsburgh and east via the Parkway (I-376) take Plum Exit 14B. Follow Route 48 through light and four-way stop sign. Bear right at next intersection, turning onto Center Road. Follow for 2.5 miles and make right into main entrance of Boyce Park. Turn right and follow to Ski Lodge - Four Seasons Lodge.

WARNING - Following your GPS to Boyce Park may take you to the Boyce Park administration building and not directly to the park.

➔ REGISTRATION ➔

To register for the Stampede in the Park 5K Run & Walk or 1 Mile Run & Walk, complete and detach the entry form provided. The race will be held rain or shine - THERE ARE NO REFUNDS.

PRE-REGISTRATION: Minimum donation of \$15

Guarantees t-shirt. Entries must be postmarked by July 9, 2011 to qualify for pre-registration.

LATE/RACE DAY REGISTRATION: Minimum donation of \$20. Entries postmarked after July 9, 2011. Late registrants will receive t-shirt while supplies last.

PACKET PICK-UP: Race packets can be picked up at the Boyce Park Ski Lodge on July 22nd 6 - 8 p.m. or race day 7 - 8:15 a.m.

➔ AWARDS ➔

Awards ceremony and refreshments will follow the race. For the 5K, special awards will be presented to the top three male and female finishers. Age group awards will be given to the top three male and female finishers in their respective categories.

AGE CATEGORIES: 11 & under, 12-14, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

Awards will be given to the top 20 finishers for the 1 Mile race.

➔ FOR MORE INFO ➔

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