

# IUP College Lodge Trail Run

239 College Lodge Rd, Indiana, PA 15701

## 5K \* 10K \* 10K Relay

Saturday, September 23, 2017



Hosted by the IUP swimming team  
and Cowburn & Keppich Optometrist



**IUP College Lodge:** A mere three miles from the IUP campus and downtown Indiana, the Co-op Park is approximately 270 acres of beautiful woodlands and fields.

**Course:** A 5K loop through the woods surrounding IUP's college lodge park. 10K/10K relay participants will run two loops, one loop clockwise and their second loop counter clockwise.

**Race Start Times:** 10K individual - 9:00 AM \* 10K Relay - 9:30 AM \* 5K Individual - 9:45 AM

**Registration Fee:** \$20 early registration/ \$25 race day registration (shirt not guaranteed)

**Race Day Registration:** College Lodge Building - 7:00 AM

**Awards:** Overall 1st place male/female finishers for each race category will receive medals.

For safety and insurance reasons, no strollers, or dogs are permitted . Headphones are discouraged.

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Make checks payable to: IUP Swimming

Mail To: Chris Villa, 600 south 11th St, Indiana PA 15705

NAME \_\_\_\_\_ BIRTH DATE \_\_\_\_/\_\_\_\_/\_\_\_\_ PHONE \_\_\_\_\_  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
AGE RACE DAY \_\_\_\_\_ SEX: M \_\_\_\_\_ F \_\_\_\_\_ SHIRT SIZES: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_  
E-mail address: \_\_\_\_\_

WAIVER: My signature on this entry releases all sponsors or individuals from any and all liability which may result from this event.

SIGNED \_\_\_\_\_ DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

(PARENT OR GUARDIAN SIGNATURE IF UNDER 18 YEARS OF AGE)

EMERGENCY CONTACT \_\_\_\_\_ PHONE \_\_\_\_\_

FOR MORE INFORMATION CALL: 724-357-2779