



NOT JUST ANOTHER WALK IN THE PARK

Date: Sunday August 18, 2019 8:30 am
Where: Laurel Hill State Park
Registration: 7:30am – 8:15am. Lakeview Pavilion at Picnic Area #3 near the beach.

What: 5K Run & Walk
Awards: First place overall male and female run & walk plus top finishers in each age group
Age Groups: 10 & under, 11-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
The Course: This year’s new, flatter course starts at the beach parking lot and utilizes the beautiful Copper Kettle hiking & biking trail. This course has minimal elevation change

Entry Fee: \$20 early registration - deadline August 1, 2019 (includes t-shirt) non-refundable
\$25 race day (limited t-shirts available)
Please make checks payable to: **Friends of Laurel Hill**

Return bottom portion to:
Laurel Hill State Park, 1454 Laurel Hill Park Road, Somerset, PA 15501 phone: 814-445-7725
Race application and route map can also be downloaded at laurelhillbluegrass.com/5k.php

Extras: restrooms, refreshments, scenic course **Timing by:** Mapes Finish Line Service



Name _____ Age _____ Circle: Male or Female

Address _____

City _____ State _____ Zip Code _____

Telephone _____ E-mail _____

Circle Event: 5K Run 5K Walk Circle T-shirt size: S M L XL XXL

Please enter me in the Mountain Laurel 5K. I understand that DCNR, Laurel Hill State Park, Friends of Laurel Hill, all volunteers, sponsors and anyone associated with this event assumes no responsibilities for accidents or injuries. By signing, I attest that I am physically fit to participate and I assume entry into this race at my own risk.

Signature: _____
Signature of Guardian (if under 18 years old)

