



**QUANTUM SPIRITS - CARNEGIE VOLUNTEER FIRE & RESCUE BUREAU
14TH ANNUAL 5K RUN/WALK**

VIRTUAL

SATURDAY, APRIL 24 to May 24, 2021

Walk – Run – Wheel – Cycle – Push Ups – Sit Ups – Burpees

Choose your own course or one of our suggestions and go at your own pace

FEES

\$25 – Registration – Deadline May 23, 2021

\$10 – Children 10 years and younger and all Carlynton students

All proceeds benefit the Carnegie Volunteer Fire & Rescue Bureau

Standings will be posted on our website along with any pictures you send.

OVERALL FIRST PLACE FINISH FOR MALE AND FEMALE

1st, 2nd & 3rd Place awards for Ages: 10 & Under; 11-14; 15-18; 19-29; 30-39; 40-49; 50-59; 60 & Over

Name: _____ Age on Race Day: _____ Male or Female
(Please Print Legibly) (Optional) (Circle One Optional)

Address: _____ E-Mail Address: _____

City: _____ State: _____ Zip: _____ Phone #: _____

Amount Enclosed: \$_____ I understand this is a Virtual Event Check Here ☐ Digital Bibs will be emailed.

General Release: I/We, individually, jointly and personally, shall release, indemnify, and hold harmless the Borough of Carnegie, the Carnegie Police Department and the Carnegie Volunteer Fire Department, and its employees, from and against, any and all claims by any parties, including myself/ourselves, for any purpose whatsoever resulting from participation in this event in which I agree to take part.

Signature: _____ Date: _____
(Parent/Guardian **must** sign for entrants age 18 and under)

**Mail applications with checks made payable to:
Carnegie Volunteer Fire Department - 5K Run/Walk
One Veterans Way, Carnegie, PA 15106**