



**QUANTUM SPIRITS
CARNEGIE VOLUNTEER FIRE DEPARTMENT
12th ANNUAL 5K RUN/WALK
SATURDAY, APRIL 27, 2019**

Time: 8:00 a.m. – Sharp! **Distance:** 5K (3.1 miles)
Start/Finish: Carnegie Borough Building, One Veterans Way, Carnegie, PA 15106
Schedule: 6:30 – 7:45 a.m. – Race Day Registration and Packet Pick-Up
 8:00 a.m. – 5K Run/Walk Begins 9:15 a.m. – Awards Ceremony
Course: The course is flat and fast! Veterans Way to West Main Street continuing on to East Main Street to Jane Street and back to the Carnegie Borough Building.
Fees: \$20 – Early Registration – Deadline is **April 5, 2019**
 \$10 – Children 10 years and younger \$25 – Registration Fee after April 6 and Race Day
 \$10 – Carlynton students

All proceeds benefit the Carnegie Volunteer Fire Department.

OVERALL FIRST PLACE FINISH FOR MALE AND FEMALE

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

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

Address: _____ E-Mail Address: _____

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

Amount Enclosed: \$ _____ 5K T-Shirt Size (Please Circle One) S M L XL XXL

Register online at: <http://getmeregistered.com/CarnegieVolunteerFD5K>

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**