



**QUANTUM  
SPIRITS**



**QUANTUM SPIRITS - CARNEGIE VOLUNTEER FIRE DEPARTMENT  
13TH ANNUAL 5K RUN/WALK**

**SATURDAY, APRIL 25, 2020**

**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 3, 2020**  
\$10 – Children 10 years and younger \$25 – Registration Fee **after April 3rd** and Race Day  
\$10 – Carlynton students

**All proceeds benefit the Carnegie Volunteer Fire Department.**

**\*\*\*OVERALL FIRST PLACE FINISH FOR MALE AND FEMALE\*\*\***

1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> 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

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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**