

# FROSTY FIVE

## 5K RUN/WALK

**SUNDAY, FEBRUARY 28, 2010**

**9:00 A.M.**

**WESTMORELAND COUNTY COMMUNITY COLLEGE**

**YOUNGWOOD, PENNSYLVANIA**

### **THE EVENT**

It's a 5K course starting and finishing at WCCC. The course is for serious and amateur athletes - young and old, tall and short, runners and walkers.

### **5K RUN**

Awards will be given to the first three male and female overall winners, the first WCCC student, and the top three males and females in each age group.

### **5K WALK**

First place overall, male and female. First and second place in each age group. No duplicate awards.



### **T-SHIRTS - SHORT SLEEVE**

Sizes are guaranteed if you are pre-registered by February 17.

T-shirts are not guaranteed for late registration. Participants may pick up their packets on race day beginning at 7:30 a.m. in the WCCC cafeteria.

**AWARDS CEREMONY** will be held at WCCC in the cafeteria immediately after the race. Refreshments and good cheer for all participants.

### **RACE CANCELLED**

If race is cancelled due to severe weather conditions, WCCC thanks you for your contribution.

**There will be two drawings for a \$100.00 Walmart Gift Card  
Winners must be present to win**

Men & Women age divisions: 9 and under, 10-12, 13-15, 16-19, 20-24,  
25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 plus.

### **ENTRY FEE:**

Showers and locker room facilities are available.

Prior to February 17: \$17.00

After February 17 until race day: \$20.00

Entry fee without T-shirt: \$12.00

All proceeds will benefit the WCCC Fitness Center.

**WEBSITE:** [www.wccc.edu](http://www.wccc.edu)

FOR FURTHER INFORMATION please call the WCCC Gymnasium Office at (724) 925-4132  
between 8:00 a.m. and 5:00 p.m.

# OFFICIAL ENTRY FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone(Day time) \_\_\_\_\_

Age on race day \_\_\_\_\_ Birth Date \_\_\_\_\_

Runner \_\_\_\_\_ Walker \_\_\_\_\_ WCCC Student \_\_\_\_\_

Please circle one: T-Shirt Sizes: **S M L XL XXL**

Please circle one: **Male Female**

**\*SIGNATURE:**

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**\*SIGNATURE REQUIRED**

Runner/walker signature or signature of guardian if participant is under 18.

**Please make checks payable to  
"WCCC Frosty Five" and send to:**

Westmoreland County Community College  
Attn: Frosty Five  
145 Pavilion Lane  
Youngwood, PA 15697

*In submitting this entry, I, intending to be legally bound for myself, my heirs, executors, and administrators, do hereby release and discharge Westmoreland County Community College and any and all service organizations, sponsors, and volunteers connected with the operation and running of this event, from any and all liabilities arising from illness, injuries, and damages I may suffer as a result of my participation in this event..*



Westmoreland County Community College  
145 Pavilion Lane  
Youngwood, PA 15697

**Frosty 5K Run/Walk**

Course Record  
Male  
Andrew Herr  
15:19

# **FROSTY FIVE**

Course Record  
Female  
Sue Ruzika  
18:09