

# 5K RACE FOR REC!

**Proceeds will benefit  
SECA Community  
Recreation Programs**

**Date: Saturday August 7** Rain or Shine!

**Time: 9:00 am**

**Pre-register by: July 31**

**Entry fees:**

- \$15 for pre-registered Runners/Walkers
- \$20 for race day registrations
- \$10 for Kid's Fun Run  
For Kid's 12 and under (1/2 Mile Starts at 8:30 am)

The Race will start and end at Memorial Park in Quarryville! All participants are invited to a post race awards party and swim at the SECA Pool immediately following the race!

- Race Day Registration begins at 6:30 am
- Access Parking from Memorial Park Entrance on Rt. 472
- Visit [www.secarec.com](http://www.secarec.com) for USATF/RRTC Certified Race Course map
- Country Road Loop Course
- Water Stations & Refreshments will be provided
- Timing provided by Chester County Running Store



## PRIZES

**Top Male & Female Runners  
Top Male & Female Walkers  
Top 3 Males & Females:**

**(Competitive Runners)**

Ages 0-9, 10-14, 15-19, 20-29,  
30-39, 40-49, 50-59, 60 & up

**Kids Run: Top 3 Boys & Girls**

ALL KIDS WILL RECEIVE A PRIZE!

**All Pre-Registered  
Participants  
Guaranteed to  
receive a T-Shirt &  
Gift Bag.  
Day of Event—While  
Supplies Last.**

## SECA REC



*"Life is simple - Eat, Sleep, PLAY!"*

**Contact person: Mike Pesesky  
(717) 806-0123**

**Mail form and entry fee to:**

SECA  
PO Box 67  
Quarryville, PA 17566

Or register on-line at  
[www.active.com](http://www.active.com) (Keyword SECA)  
Email: [seca@epix.net](mailto:seca@epix.net)

*\*No Refunds or Exceptions*

Name \_\_\_\_\_

Address \_\_\_\_\_

Gender (M/F) \_\_\_\_\_ Age on race day \_\_\_\_\_

T-Shirt Size: Circle One  
ADULT S M L XL  
YOUTH M L

**LIABILITY AND HOLD HARMLESS AGREEMENT**

I HEREBY AGREE TO INDEMNIFY AND HOLD SECA HARMLESS for all liability from whatever source excepting only intentional torts on the parts of its agents, or employees. Such indemnification agreement applies equally to Boards of Directors, officers, agents and employees of the Southern End Community Association.

Signature or of parent or guardian if under 18 years of age. \_\_\_\_\_ Date \_\_\_\_\_

Circle One: RUN WALK KID'S RUN