



*Taking Our Shot at Inspiring Hope:
Working Together to End Diabetes*

- ♥ kids' activities during & after the race
- ♥ basket Raffle
- ♥ Refreshments

5th Annual 5K Run/Walk

Saturday, May 20, 2017 – 9:00 a.m.

Registration – 7:30 - 8:30 a.m.

PLACE: Camp Speers YMCA
143 Nichecronk Road, Dingmans Ferry, PA

COURSE: Scenic cross-country course – Nichecronk Lake

PURPOSE: Proceeds will benefit
Juvenile Diabetes Research Foundation (JDRF)

AWARDS: Overall male and female winners; top 3 walkers;
and first, second, and third place awards for both male & female
winners in the following divisions:
12 & Under, 13-18, 19-29, 30-39, 40-49, 50-59, 60+

FEE: \$20 Pre-registered adults
\$15 Pre-registered students 18 & under
Via mail – checks need to be mailed by April 27
Via online – online register by May 1
\$25 Day of race registration
**Checks made out to JDRF (Juvenile Diabetes Research Foundation)*

VISIT OUR WEBSITE:
Online donations, directions, online registration link, etc.
<http://lordic.wix.com/takingourshot>
*T-shirts to all pre-registered participants and first come first
serve the day of the race.

----- (cut here)



ONLINE REGISTRATION - Pre-register by May 17 online at

www.racemenu.com/hope

To register by mail: complete the entry form, sign, and mail by May 13 to: Chris Lordi at 125 Independence Drive, Milford, PA 18337
Please enclose your check payable to JDRF. Questions for Leslie or Chris: call 570-351-1214 **OR** e-mail takingourshot5K@gmail.com

First name: _____ Last: _____ Age on race date: _____ Gender: Male / Female

Street: _____ City: _____ State: _____ Zip: _____ Walk or Run: _____

EMAIL ADDRESS: _____ Circle t-shirt size: YS YM YL S M L XL XXL XXXL

If you are not registering online, you will be required to sign a waiver the day of the race.