



5K Awards (Medals & Prizes) in the following age groups and categories.

Top 3 Male & Female Overall

Top 3 Male & Female in the following age

groups: 13 & under, 14-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70 & Older.

1 Mile (Medals & Prizes)

Top 3 Male & Female overall,

Top three Male and Female in the following age

groups: 3 & under, 4-5, 6-7, 8-9, 10-11, 12-13,

14-15, 16-18. Top two male and female in the

following age groups: 19-29, 30-39, 40-49, 50-59,

60-69, 70& older



**Friends of the Park
Park & Run**

5K Run and Walk

1 Mile Run and Walk

Registration starts at 7:30 AM

5K starts at 9:00 AM

1 Mile starts at 9:45 AM

Awards & Door Prizes Presented at 10:15 AM

Registration will open at 7:30 AM

Date: 4/24/2010

Time: 9:00 AM

Pre-register by: 4/20/2010

Proceeds will benefit the Zellenople

Community Park

and the

Mount St. Mary 's Running Trail.

The Race is in Memory of Elizabeth

DiNunzio and her love for running.

A senior project for

Andrew Razanauskas

Seneca Valley High School

For more information or to register call:

**Joella Richard Baker at
724-321-4265**

FRIENDS OF THE PARK
COMMUNITY PARK ASSOCIATION, INC.
PO Box 142
Zellenople, PA 16063

Registration Information

Entry fees:

- 5K Run & Walk & 1 Mile Run & Walk
- \$20 for Pre-registered Participants
- \$15 for Pre-registered (no shirt)
- \$25 for Late Registration after 04/20/10
- \$20 for Late Registration after 04/20/10 (no shirt)
- \$40 Family race fee for a maximum of four people
- \$25 to enter **both races (Includes a shirt)**

Each participant will receive an official short-sleeve Race Tee Shirt a Goody Bag, and food and beverages following the race.

The Race will start at St. Peter's Reformed Church, East Grandview Avenue, Zelenople, PA 16063.

Race Festivities

- 5K Run and Walk
- 1 Mile Family Fun Run and Walk

Face Painting

Pre and Post Race Food and Drinks.

Sponsors Road ID

- Kennedy-Meeder Insurance
- Bill Kennedy-State Farm Insurance
- D&M Express, Inc.
- Get Fit Families

Application

Please Check One

5K 1 Mile Both Races Family

Mail form and entry fee to:

Please make your check payable to the
"Friends of the Park"

PO Box 142

Zelenople, PA 16063

Alicia Flood at 724-453-1583

You can also contact Joella Baker at

Phone: 724-321-4265 * Fax: 724-452-6661

Email: joella@zoominternet.net

Name _____

Address _____

Phone _____

Sex _____

Age on race day _____

1 Mile Family Fun Run & Walk

Family Names _____ Ages _____ T shirt sizes _____

Waiver: As a participant in this race, I agree I am in the proper health to complete a foot race of this distance. In the case of an injury, I will not hold the Friends of the Park or any of its affiliates responsible. I accept that there is risk involved with participating in this race.

T-Shirt Size: S M L XL XXL
T-Shirt Size kids: S M L
No shirt _____

Signature _____

Date _____

Signature of parent or guardian if under 18

In Memory of Elizabeth DiNunzio and to raise funds for the Mount St. Mary's Running Trail

Trails for running, biking and hiking at Mount St. Mary's University have been in the planning stages for the past two years. But the death of student Elizabeth DiNunzio, who was killed while training for a marathon, has put those plans on the fast track.

"We have all this land," said Mike Malewicki, vice president for business and finance at the school. "We had a tragedy, and safety is high on our priority list."

Elizabeth was a senior at the college training for the Pittsburgh Marathon in April when a motorist struck and killed her while she was jogging. She was an experienced long-distance runner who was on Old Emmitsburg Road, not far from campus, when the accident happened. It was broad daylight, and the weather was clear. Elizabeth was not wearing an iPod. She was running against the traffic, on the side of the road. It seemed like she was doing everything right.

What is Friends of the Park?

The Community Park situated within both Zelenople and Harmony has been the source of wonderful times and great memories for most of the residents of our community. The park was maintained by local business men and residents for years as a private organization. Several years ago, the Park Association sold the land that the park sits on to the borough of Zelenople. The expense of updating the pool and the park has now far exceeded the money that the park brings in for annual membership. Our children and our grandchildren are entitled to the wonderful times we treasure from this wonderful place. Please consider making a donation to the preservation of heart of what makes our hometown so special.

Our mission is to raise funds for the renovation and revitalization of our community park. With the help of our residents and our local businesses we can easily complete our goal.