

The North Allegheny Physical Education Department presents

The 13th Annual Pump House Run

WHAT: The Pump House Run (5K and 1 mile are on cross country courses)

WHERE: North Allegheny Intermediate High School

WHEN: Saturday, April 20, 2013- Times: Registration and packet pick up 7:30 to 8:45, 9:00- 5K and 1 Mile, 10:00-1/2 Mile Tiger Run, 10:15-50 Yard Tot Trot, 10:30 Awards (Registration tables will close 15 minutes prior to each event, please arrive early)

ENTRY FEE:

\$15 for pre-registered runners, all races, all ages (includes DriFit T-shirt) Pre-registration deadline is Tuesday, April 3, 2012

\$30 per family (3 T-shirts max)

50 yard Tot Trot is free (no T-shirt)

\$20 individual or \$35 family after Tuesday, April 3, 2012 (no T-shirt)

AWARDS:

Race	5K	5K	5K	1 Mile	1/2 Mile	Tot Trot
Awards	Trophy to top male/female	Medal to top 3 male/female	Medal to top male/female	Medal to top 3 male/female	Ribbon to all participants	Ribbon to all participants
Age Group	Overall	10 and under, 11-12, 13-14, 15-16, and 17-18	19-29, 30-39, 40-49, 50-59 and 60+	10 and under, 11-12 and 13-14	9 and under only	

To coordinate race results, the NA Pump House Run uses chip timing from:



Registration- *NO REFUNDS WILL BE GIVEN

Pre-Registration deadline: Friday, April 5, 2013

Students return registration to your child's Physical Education Teacher.

All others mail to: Pump House Run Attn: Dave Schmidt
 North Allegheny Intermediate High School
 350 Cumberland Road
 Pittsburgh, PA 15237-5485

Questions: Contact the Physical Education teacher at your school or the Race Director, Dave Schmidt;

DSchmidt@northallegheny.org

-----Detach and return with payment- Make checks payable to NAI PUMP HOUSE RUN-----

NAME	Age on race day	Phone #	Gender	Circle Race	Shirt Size
1.			M F	5K, 1mile , 1/2 mile, trot	Child S M L Adult S M L XL
2.			M F	5K 1mile 1/2 mile trot	Child S M L Adult S M L XL
3.			M F	5K 1mile 1/2 mile trot	Child S M L Adult S M L XL
4.			M F	5K 1mile 1/2 mile trot	Child S M L Adult S M L XL
5.			M F	5K 1mile 1/2 mile trot	Child S M L Adult S M L XL

Athlete/Guardian must sign waiver

In consideration of the acceptance of my entry, on behalf of my heirs, executors, my administrators, assigns, and myself do hereby release and discharge North Allegheny School District, and all race officials, from claims for damages, demands, actions whatsoever in any manner arising or growing out of risks involved in these events and I also certify that I am physically qualified to participate in these events.

Signature of Athlete/Guardian: _____ Date: _____