

# 30th ANNUAL SOL LIPTON RUN FEST

## 5K • 1/2 Marathon • 1.5 Miler

Sunday, September 12, 2010 – Downtown Pottsville

### Register on Race Day:

316 N. Centre Street – Pottsville  
(in front of Nathan's Furniture)

- 1/2 Marathon – 7:00-7:45 (8 am start)
- 5K – 9:15-10:15 (10:30 start)
- 1.5 mile Fun Run 9:45 – 10:30 (11:15 start)

### Pre-Register:

On-line [www.active.com](http://www.active.com) keyword: SOL



Proceeds benefit the Sol Lipton Memorial Scholarship Fund which provides college scholarships to local high school students. All donations are tax deductible.

5K and 1/2 Marathon Courses  
Certified Accurate by USA  
Track & Field Association

Certifications #: PA 08020 WB - PA 08021 WB

**A Variety of Hot Foods at Finish Line 9 am – Noon!**

### 5K RUN

5K is run twice around the course beginning promptly at 10:30 am. (See course map on reverse)

#### Entry Fee:

Race Day-First Family Member - \$16.00  
Additional Family Members \$14.00  
Pre-Race Day - First Family Member \$15.00  
Additional Family Members \$13.00

Runners will pass a water station four (4) times on this course.

#### Awards:

1st Place Overall M & F - \$200 bond\*  
2nd Place Overall M & F - \$100 bond  
3rd Place Overall M & F - \$50 bond  
1st Place Age 40 & Over – M & F - \$50 bond

\*Student participants will have a medal option, if they prefer not to accept a monetary award.

Awards based on previous years participants in each age division. Number of awards in parentheses.

| Men               | Women          |
|-------------------|----------------|
| 13 & Under (2)    | 13 & Under (2) |
| 14-18 (5)         | 14-18 (5)      |
| 19-29 (5)         | 19-29 (3)      |
| 30-39 (5)         | 30-39 (3)      |
| 40-44 (3)         | 40-44 (3)      |
| 45-49 (3)         | 45-49 (3)      |
| 50-54 (3)         | 50-54 (3)      |
| 55-59 (3)         | 55-59 (3)      |
| 60-69 (2)         | 60-69 (2)      |
| 70 + over (1)     | 70 + over (1)  |
| Oldest Runner (1) |                |

### 1/2 MARATHON

Starts promptly at 8 am at the corner of E. Norwegian St. and Progress Ave. Pottsville. Course extends into the far west end of the city and finishes back downtown near City Hall.  
(See course map on reverse)

Runners will pass a water station ten (10) times on this course.

**Entry Fee:** \$25.00 Race Day,  
\$20.00 Pre-Race Day

**Awards:** Award distribution based on previous year's participation in each age group. Overall M / F Winners receive Lane / Berkline Recliner, or \$250 Cash!

| Men           | Women         |
|---------------|---------------|
| 19-29 (2)     | 19-29 (2)     |
| 30-39 (3)     | 30-39 (3)     |
| 40-49 (3)     | 40-49 (3)     |
| 50-59 (3)     | 50-59 (2)     |
| 60 + over (2) | 60 + over (1) |

All finishers of 1/2 Marathon receive a commemorative participation medal.

Awards will consist of gift cards/gift certificates from local businesses and national chains.

### 1.5 Mile Fun Run/Walk

Fun Run begins at approximately 11:00 am and consists of 1 lap around the 5K course (See map on reverse)

Runners will pass a water station twice on this course.

#### Entry Fee:

Race Day – 1st Family Member - \$16.00  
Additional Family Member - \$14.00  
Pre-Race Day – 1st Family Member - \$15.00  
Additional Family Member - \$13.00

#### Awards:

All Fun Run participants will receive a participation ribbon. An award will be given to 1st Place finisher M& F age 13 years of age or younger.

#### Entry fee for all races includes:

Popular race t-shirt, (while supplies last) free assorted gifts and donations, runner's gear, food coupons, donuts, fresh fruit, sandwiches, bagels, bottled water, hot food, coffee and beverages.

Race t-shirt guaranteed when pre-registered.

### Sol Lipton Run Fest Official Entry Form

In consideration for acceptance of this entry, I, intending to legally bind myself, do hereby waive and release any and all race officials, volunteers, organizations and persons affiliated with this event including but not limited to Nathan's Furniture, from responsibility for any damages, injuries, or losses I may incur as a result of my participation in this event. It is my further declaration that I consider myself to be in excellent physical health and that I have sufficient training so as to be in such physical condition that will enable me to participate in and complete the race. Additionally, I assume full and exclusive responsibility for taking cognizance of the weather conditions that exist as of race time in the Pottsville area; and for my personal safety as a result of the existence of such weather; and for my decision to participate under those conditions.

\*All fields required

Signature of Runner \_\_\_\_\_

Signature of Parent or Guardian (if runner is under 18 yrs of age) \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Fee Enclosed \_\_\_\_\_

Check One:  1/2 Marathon  5K Run  1.5 Mile Fun Run

Adult T-Shirt Size (circle one) S M L XL XXL XXXL

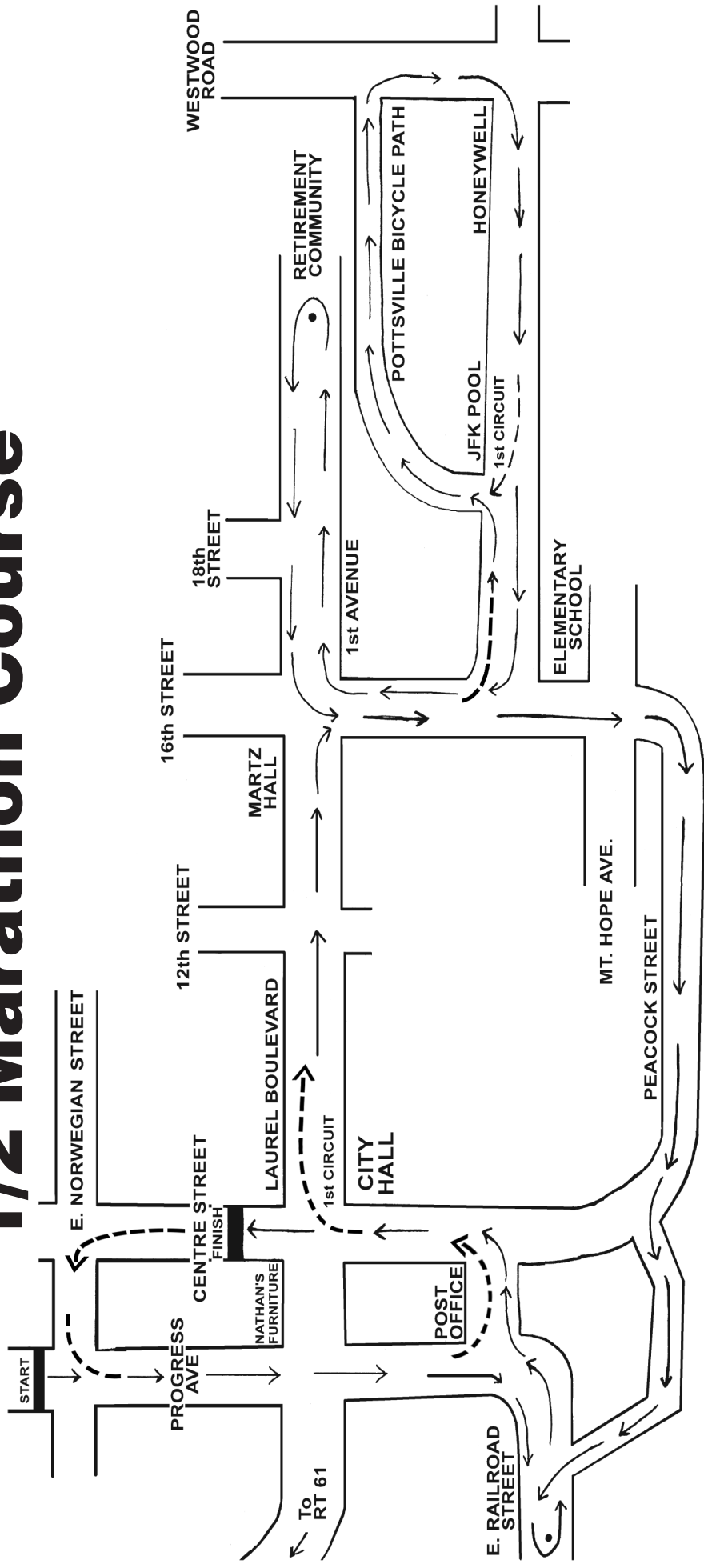
Please make checks payable to:  
Scholarship Road Run

Mail to: Sol Lipton Run Fest  
316 N. Centre St. Pottsville, PA 17901



USA Track & Field  
Certified  
PA 08021 WB

# SOL LIPTON RUN FEST 1/2 Marathon Course



## Win Door Prizes! Awards and Many Drawings

All Races Finish at 316 N. Centre Street  
USA Track & Field Certified Courses  
Gifts & Refreshments to All Runners  
Hot Food Served 9 am-12 noon

Gifts and Merchandise Drawings Follow Race

Benefits: **PAHS & NATIVITY B. V.M. SCHOLARSHIPS FOR COLLEGE-BOUND SENIORS.**

**PLEASE, NO ALCOHOLIC BEVERAGES!**

316 North Centre Street, Pottsville, PA 17901 • 570-622-8511

Pre-Register on-line or Register on Race Day.



USA Track & Field  
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PA 08020 WB

## 5K Course "Flat and Fast"

