

10th Annual



5 mile run or 5k run/walk

Sunday, Nov. 3rd, 2019 1 p.m.
Bellefonte Area Middle School
100 N. School St., Bellefonte PA

Dedicated to honoring the sacrifices and commitments of our community's brave veterans.

All proceeds benefit local veterans in need through the Veterans Assistance Fund.

Give 'Em 5! is dedicated to honoring the sacrifices and commitments of our community's brave veterans.

Funds raised from this race will be made available to veterans in need of financial assistance through the Veterans Assistance Fund, a non-profit fund created specifically for helping our community's warriors in their time of need. All disbursements of the fund are for eligible veterans and must be approved by the Veterans Assistance Fund Committee.

Please join us in supporting our local veterans!

**Pre-registration:
<http://www.imathlete.com/events/GiveEm5>
or fill out this form & mail**

**Race day registration & packet pick-up:
12 noon
at the middle school**

If you need special accommodations to participate in this race, please contact the race director .

Questions?
Interested in volunteering or becoming a sponsor?
Email dxb30@psu.edu

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip _____

Phone (_____) _____ Email _____

Event: _____ 5 mile run _____ 5K run/walk

Please check if you are a veteran: _____ Sex M F Race Day Age _____ Date of birth _____

T-Shirt Size: (Adult Sizes) S M L XL XXL XXXL (Youth Sizes) M L

Amount enclosed: \$ _____ (entry fee: \$15 by Oct. 20 ; \$20 after Oct. 21 & on race day; additional donations welcome)

↩ **Entry form continues on reverse** ↪

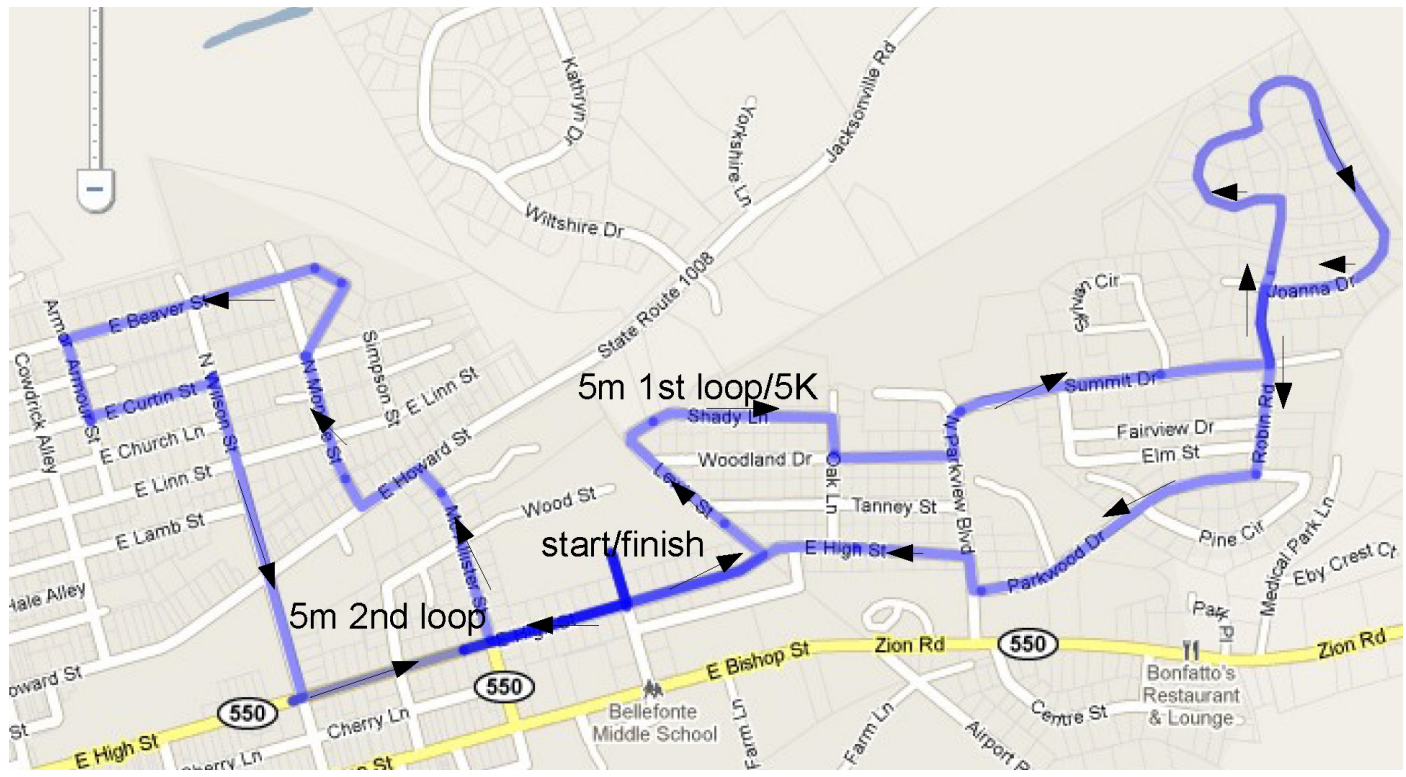
One entry form per participant. Make checks payable to NVRC (Nitany Valley Running Club) and mail to: Veterans Assistance Fund, PO Box 546, Centre Hall, PA 16828

Entry forms must be postmarked by October 13th

For and in consideration of my or my child's and/or ward's participation in the "Give 'Em 5! Run for Veterans," I hereby agree to indemnify and hold harmless the District, its Board, administrators, employees, agents, the race organizers and directors, Bellefonte Borough, Spring Township, and all other organizations directly or indirectly associated in any way with this race from and against any loss or expense, to include reasonable attorney fees, arising out of my or my child's and/or ward's participation therein.

Signature _____ Date _____

Parent Signature _____ Date _____
(required if under 18)



RUN AWARDS:

Overall top 3 males & top 3 females 5K and 5Mile
Awards to top 1 male and female in the following age groups:
13 & under, 14-19, 20-29, 30-39, 40-49, 50-59, 60+
Special awards for the top male and female veterans!

T-shirts (guaranteed to the first pre-registered entrants) • Refreshments • Door prizes

To learn more about the Veterans Assistance Fund or make a donation:
<https://sites.google.com/site/vetassistancefund/>

The Veterans Assistance Fund, a 501(c)(3) non-profit fund, was created to assist Centre County (PA) Veterans in their time of need. The fund provides financial assistance to qualified Centre County Veterans. The Veterans Assistance Fund Committee will determine eligibility for the fund through an application process.