



# CASA Superhero Run

5K/1-mile Run/Walk

**Saturday September 23<sup>rd</sup>**

**Russell PA @ 10:00 am**

**Race Location:** Beautiful downtown Russell, Pa; with registration taking place at the Methodist Church (17 Main Street, Russell, PA 16345).

## Schedule:

8:00-9:00 AM	Registration
9:15 AM	One-mile walk/run and Superhero gauntlet (Costumes will be judged during this event)
10:00 AM	5K and 5K Superhero Relay
11:30	Race Winners and Costume Awards

**Course Description:** One-Mile Walk/Run is around the streets of Russell at 9:15 (costume judging will take place at this time). The 5k race begins at 10 AM in front of the Methodist Church and proceeds east on Main to Werner Drive, left on Greenbrier Circle to Pine Grove Blvd, to Williams Street to Woodland Drive, and left on Main Street back past the church and left at East Street with the race ending at the Russell Fire Hall.

**Awards:** Age group awards for 5k, superhero relay awards, and costume awards.

**Proceeds:** Benefit CASA of Warren and Forest Counties and local helping professional organizations (fire, police, etc. – i.e., “the true superheroes of our community”)

## Entry Fee:

### *Pre-registered by September 9*

Adults (16+)	\$25
Family (2 adults & up to 4 children ages 15 or under)	\$50
Youth (6-15)	\$8
5 & under	FREE

*After September 9:* (Adults \$35. Youth \$10, No family discount)

***Guaranteed T-shirts to all full price paid participants registered prior to September 9.***

**Other Information:** Timing and results by Trackqua Timing (Jamestown NY)

**Make Checks to:** CASA, 207 Second Avenue, Warren PA 16365

**Contact:** Dennis Johnson 704-989-2520, email- [dennisjohnson@mail.sunycc.edu](mailto:dennisjohnson@mail.sunycc.edu)

**Website:** Race registration available online <https://localraces.com/casaofwarrenandforestcounties>  
Results will be posted at same.

***Entry Form – On Back***

# CASA Superhero Entry Form



9/23/2017

**SUPERHERO COSTUMES ARE ENCOURAGED FOR THE EVENT!!!**

**PLEASE PRINT LEGIBLY**

**(Or register online @ <https://localraces.com/casaofwarrenandforestcounties>)**

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City, State Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

SHIRT SIZE (circle One) Child : M L Adult: SM M L XL

Adult (16 & up) \$25(\$35 after 9/9) \$ \_\_\_\_\_

Family \$50 \$ \_\_\_\_\_

(2 adults and up to 4 children under 15; be sure to list number and sizes of t-shirts above)

Youth (6-15) \$8(\$10 after 9/9) \$ \_\_\_\_\_

5 & under FREE

*Reminder: After September 9: (Adults \$35. Youth \$10, & no family discount)*

Pay Total Amount \$ \_\_\_\_\_

## **Waiver (MUST BE SIGNED)**

In consideration of your accepting this entry, I, the below signed, intending to be legally bound, for myself, my heirs, my executors and administrators, waive and release and any all rights and claims for damages I may have against the race, and sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest that I will participate in this event as a footrace, that I am physically fit and sufficiently trained for the completion of this event. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs and any record of this event in which I may appear for any legitimate purpose, including advertising and promotion.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian if under 18 \_\_\_\_\_

\*FORM edited from neparunner.com

**Make Checks to:** CASA, 207 Second Avenue, Warren PA 16365

**Contact:** Dennis Johnson 704-989-2520 Email completed form to -  
[dennisjohnson@mail.sunyjc.edu](mailto:dennisjohnson@mail.sunyjc.edu) or go to the following website to register online  
<https://localraces.com/casaofwarrenandforestcounties>