

West York Dollars For Scholars

Presents The

10TH Annual



Shelley Mialki Memorial
5K Run / Walk
and
1 MILE Fun Run / Walk

PROUD MEMBER OF THE
2009 YORK HOSPITAL RUNNING SERIES

&



CROSS COUNTRY
TEAM CHALLENGE

SATURDAY
AUGUST 15, 2009
8:00 AM
SUNSET LANE PARK
West Manchester Township
York, PA

- 5K RUN/WALK – 8:00 AM
- XC CHALLENGE – 8:00 AM
- FUN RUN – After 5K

Pre-registration by August 8th

5K - \$18 (with t-shirt) \$13 (race only)

Fun Run - \$10 (with t-shirt) \$5 (race only)

Registration after August 8th
and Race Day

(registration starts at 6:00 a.m.)

5K - \$20 (with t-shirt) \$15 (race only)

Fun Run - \$12 (with t-shirt) \$7 (race only)

Bring \$25.00 in pledges
And Race for FREE !!!

Please make your check payable to:
“West York Dollars for Scholars”

Send check and entry form to:

Shelley Mialki Memorial 5K
2751 Olde Field Drive
York, PA 17408

Registrants will receive:

- First 200 Registrants receive a specially designed T-shirt
- A limited number of shirts may be available on race day
- Opportunity to win Door Prizes
- Refreshments

For further information contact

Tom Shepp @ 717-792-3214

westyorkdog@aol

or

Tim Potts @ 717-792-9307

Tim.potts@crossmark.com

NAME _____

ADDRESS _____

CITY _____ ST. _____

ZIP _____ PHONE # _____

E-MAIL _____

GENDER: M F BIRTH DATE _____

AGE on AUGUST 15, 2009 _____

5K Fun Run

\$ _____ CASH / CK# _____

SHIRT: NONE S M L XL XXL

CROSS COUNTRY CHALLENGE ONLY

SCHOOL DISTRICT _____

GRADE _____

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to: falls, contact with other participants, the effect of weather (including rain, wind, high heat/ humidity), traffic and conditions of the road, in consideration of your accepting my entry. I, for myself and anyone entitled to act on my behalf, waive and release the West York Area School District, West York Dollars for Scholars, West Manchester Township, M&T Bank, York Hospital and all other sponsors, their representatives, and successors for all claims of liabilities arising out of my participation in this event.

Signature: _____

Parent (if under 18) _____

This must be signed by parent to participate !!

PLEASE SUPPORT OUR OTHER FINE SPONSORS

ATHLETIC LETTERING
2860 EASTERN BLVD.
840-6373

JON ARNDT
STATE FARM INSURANCE
2055 CARLISLE RD.
764-8588

OVERNIGHT OFFICE
HARRISBURG, PA.
703-3700

THE BON TON STORES, INC.

GREEN VALLEY SWIMMING POOL
and SPORTS CLUB
1725 POPLARS RD.
764-2037

MARCELLO'S PIZZA
2155 WHITE ST.
845-9000

MEMPHIS BLUES BAR-B-Q
2153 WHITE ST.
846-5301

A1 LAUNDROMAT
3333 W. MARKET ST.
792-0332

CHICK-FIL-A
WEST MANCHESTER MALL

BIG APPLE BAGELS
HAINES ACRES PLAZA

COCA-COLA

THE ATHLETIC CLUB of YORK
1785 LOUCKS RD.
764-8536

SHEETS (of SHILOH)

YORK ICE

Lots of Hardware !!

Overall Male – 1st, 2nd, 3rd
Overall Female – 1st, 2nd, 3rd

Master Men	Master Women
Men 12 and under	Women 12 and under
Men 13 - 18	Women 13 - 18
Men 19 - 24	Women 19 - 24
Men 25 - 29	Women 25 - 29
Men 30 - 34	Women 30 - 34
Men 35 - 39	Women 35 - 39
Men 40 - 44	Women 40 - 44
Men 45 - 49	Women 45 - 49
Men 50 - 54	Women 50 - 54
Men 55 - 59	Women 55 - 59
Men 60 - 64	Women 60 - 64
Men 65+	Women 65+



**WEST YORK AREA
DOLLARS
for SCHOLARS**

**West York Dollars for Scholars
Shelley Mialki Scholarship
and Endowment Fund**

DIRECTIONS

FROM YORK

**TAKE CARLISLE RD. (RT.74) NORTH INTO
SHILOH**

TURN LEFT ON SUNSET LANE

**PARK IS ABOUT 1 MILE BACK ON YOUR
LEFT**

**THE
CROSS COUNTRY
TEAM CHALLENGES**

5K Road Course

Cross Country Scoring
(tiebreaker determined by team's fourth
place finisher)

Middle school and high school brackets

Open to any athlete enrolled in middle
or senior school for the 2008-2009 year

Each 4 member team must consist of at
least one member of the opposite sex

Each team member must attend the same
school district
(middle school runners must run with
middle school members and senior high
runners must run with senior high
members)
(ninth graders will compete however
their school district qualifies them)

Each member of the winning teams will
receive a voucher for one pair of
running shoes from



** Prizes are subject to NCAA Division I, II, and
III rules. Be sure! Discuss with your coach,
school, or recruiter if you have any questions.*