



NOT JUST ANOTHER WALK IN THE PARK

Date: Sunday August 20, 2023 8:30 am
Where: Laurel Hill State Park
Registration: 7:30am – 8:15am. Lakeview Pavilion at the Beach Picnic Area

What: 5K Run & Walk
Awards: First place overall male and female run & walk plus top finishers in each age group
Age Groups: 10 & under, 11-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
The Course: The course starts at the beach parking lot and utilizes the beautiful Copper Kettle Trail. This course has minimal elevation change

Entry Fee: \$25 early registration - deadline August 1, 2023 (includes t-shirt) non-refundable
\$30 race day (limited t-shirts available)
Please make checks payable to: **PPFF - Friends of Laurel Hill**

Return bottom portion to:
Laurel Hill State Park, 1454 Laurel Hill Park Road, Somerset, PA 15501 phone: 814-445-7725
Race application and route map can also be downloaded at laurelhillbluegrass.com/5k.php

Extras: restrooms, refreshments, scenic course **Timing by:** Runner’s High

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Name: \_\_\_\_\_ Age: \_\_\_\_\_

Circle: Male or Female

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Circle Event:    5K Run      5K Walk      Circle T-shirt size: S    M    L    XL    XXL

Please enter me in the Mountain Laurel 5K. I understand that DCNR, Laurel Hill State Park, Friends of Laurel Hill, all volunteers, sponsors and anyone associated with this event assumes no responsibilities for accidents or injuries. By signing, I attest that I am physically fit to participate and I assume entry into this race at my own risk.

Signature: \_\_\_\_\_  
Signature of Guardian (if under 18 years old)

