

8th Annual 5K WALK RUN BIKE

Proceeds Will Benefit The
Hyndman Area
Health Center

**Prizes
Awarded**

Date: Sat. May 8, 2010

Registration Time: 7:00 a.m.



Thanks to our sponsors

- Cannondale
- Earth Wise Consulting
- Pennwood Ophthalmic Associates
- Potomac Valley Pharmacy
- Coastal Systems Corporation
- Impressive Floors
- Town Planner
- Reed, Wertz & Roadman
- Home Nursing Agency/Bedford County
- UPMC Bedford Memorial
- Structural Fiberglass, Inc
- Standard Bank
- Sheetz, Inc
- Guy's Hardware, Inc
- Hamilton & Staggs Dental Lab
- Bedford Ford/Bedford Chrysler
- David R. Bowser III, DMD Cosmetic & Family Dentistry
- The Communication Station
- Golden Eagle Inn
- Highland's Home Health Care
- Barnes Body Shop
- Everett Pharmacy
- Fisher's Pharmacy
- Alpert's Orthotic Service
- Advanced Diagnostic Radiology – ADR
- Allegheny Cardiology
- Merkle's Wing and a Prayer Catering
- Progressive Physical Therapy & Sports Medicine
- Rehab 1st
- Highmark Blue Cross Blue Shield
- TG Motors
- AMS, Inc/Dryclean and Shirt Salon
- Cessna Communications, Inc
- AMS, Inc/Dryclean and Shirt Salon

Entry fees:

Ages 12 & Under = \$ 5.00
 Ages 13 — 17 = \$10.00
 Ages 18 & Up = \$15.00

The 5 K course is measured and marked throughout scenic Hyndman.

Restrooms and refreshments will be available.

**Race Start Time:
8:00 a.m.**



Mail Entry To:

Hyndman Area Health Center
 Attn: 5 K Registration
 144 Fifth Avenue
 P.O. Box 706
 Hyndman, PA 15545

Name _____

Address _____

Phone _____

T-shirt Size: S M L XL

Sex _____ Age on race day _____

Waiver: In consideration of accepting this entry in the HAHC 5K, I do hereby release HAHC 5K staff and sponsors from any and all claims for damages, demands and causes of actions arising out of my participation.

Signature _____ Date _____

Signature of parent or guardian if under 18 years of age. _____ Date _____

I plan to (circle one) : **RUN WALK or BIKE**