

Tenth Annual Mark J. Sampson Memorial 5K Oil Creek State Park Titusville, Pennsylvania

BENEFIT: Mark Sampson was a senior at Titusville High School whose life was cut short by tragedy. His family has created a scholarship fund in his name. This event will honor Mark's life, and your participation will benefit the scholarship fund at Crawford Heritage Foundation. Please show your support by walking or running with us on this special day. All proceeds go directly to the scholarship fund.

COURSE: 5,000 Meters (3.1 Miles) Run / Walk
Starts and finishes at the historic Drake Well Museum, Titusville PA
Middle two miles on the Oil Creek Bike Trail (paved)

Check us out online!
MJS5K.com

AWARDS: Top 2 male and female finishers, Top masters male and female
Top 2 in each age group – no duplication
10 and under, 11-14, 15-18, 19-29, 30-39, 40-49, 50-59, and 60+

ENTRY: \$20.00 if registered before May 11th, 2019
\$25.00 thereafter register by mail or online at
getmeregistered.com/SampsonMemorial5K
T-Shirts guaranteed to all registered before May 11th
Make checks payable to Mark J. Sampson 5K
Sponsors and donations are greatly appreciated

MISC: Timing by Runner's High, Grove City PA
Results posted online at www.runhigh.com
Post-race refreshments – Door prizes – Great music

MAIL TO: Karen Sampson
870 Rockwood Dr. Titusville, PA 16354
sampsoncrnp@gmail.com
(814) 671-8455



Sunday, May 26th, 2019
Race starts at 10 AM

****Please arrive at least one half-hour prior to race start****

Mark J. Sampson Memorial 5k – 2019

Name _____ Age _____

Address _____ Sex _____

City/State/Zip _____ DOB _____

Phone _____ Email _____

Adult Shirt Sizes S _____ M _____ L _____ XL _____ 2XL _____ (+\$2) Youth S _____ M _____ L _____ NO SHIRT _____

Waiver: In consideration of acceptance of my entry, I, intending to be legally bound for myself, my heirs, my executors, and my administrators, release and discharge any and all rights and claims which I may have or which may hereafter accrue to me against the event, race organizers, sponsor, and all assisting organizations and individuals from all claims of damage, demands, actions, injuries or death received in any manner before, during, or after participation in this event, or any other day the race may be held. I shall abide by all decisions of the race officials as final.

Signature Required _____ (Parent signature if under the age of 18)