

The Last Mile

29th Annual Five-Mile Race

In Memory of Larry Freeman, who passed away August 2011

Member of the Perry County Road Runners Club and Race Director of the Last Mile

December 31, 2011 **** 10:00 a.m.

Sponsored By:

L. B. SMITH FORD-Lincoln, Inc.
1100 Market Street, Lemoyne, PA (717-761-6700)

and

Perry County Road Runners Club

LOCATION: Duncannon Fire House, High Street, Duncannon
BENEFIT: Duncannon Fire Company & Perry County Road Runners Club
COURSE: A 5-MILE looped course through rolling, scenic country sides
AWARDS: 5-MILE - Pottery awards
RACE DIRECTORS: Cindy Roney (717) 582-8197/Dave Harvath (717) 834-5896

\$100 to break course record

Pottery by
KEATON'S POTTERY
Elliottsburg (717) 582-8364

COURSE RECORDS: Male: Kevin Ruch (24:24) 1988
Female: Emily Shertzler (30:10) 2003

<u>Awards:</u>	<u>MALE</u>	<u>FEMALE</u>	
14 & under ---3	45-49 -----3	14 & under ----3	70 & over -----2
15-16 -----3	50-54 -----3	15-16 -----3	
17-18 -----3	55-59 -----3	17-19 -----3	
19-23 -----3	60-64 -----3	20-29 -----3	Oranges donated by
24-29 -----3	65-69 -----3	30-39 -----3	Mutzabaugh's
30-34 -----3	70 & over -2	40-49 -----3	Market
35-39 -----3		50-59 -----3	
40-44 -----3		60-69 -----3	

ONE-MILE WALK - top 1 male & 1 female & first male & female over 65
FUN RUN - Medals to all participants 13 and under

ENTRY FEE: Pre-entry fee: \$14 w/o shirt, \$21 w/shirt if received by December 21
Race day fee: \$16 w/o shirt, \$23 w/shirt
1-MILE WALK RACE fee: same as above
1 MILE FUN RUN fee (ages 13 & under): free w/o shirt, \$11 w/shirt
**Race is free without shirt for active military personnel
(must present active military ID)

PREMIUM: Long-sleeved tee shirt while supplies last
Information: Cindy Roney (717) 582-8197/Dave Harvath (717) 834-5896/
Woody Simonton (717) 582-4876/Gloria Diehl (717) 582-7001/(717) 658-0284

*** CHICKEN CORN SOUP WILL BE FREE TO ALL PARTICIPANTS ***

Mail to: Jane Simonton Make checks payable to: Perry County Road Runners
733 Shermans Valley Rd. RACE DAY TEL: (717) 658-0284
New Bloomfield, PA 17068 Total amount enclosed \$ _____
Woody & Jane Simonton (717) 582-4876/Gloria Diehl (717) 582-7001

NAME _____ SEX _____ AGE _____

ADDRESS _____ ZIP _____
SHIRT SIZE: S () MED () LG () XL () RACE SELECTION: 5-MILE () WALK () FUNRUN ()

PARTICIPATION AND WAIVER STATEMENT

I hereby assume all risks associated with participating in the Last Mile. In signing this waiver, I release the Perry County Road Runners Club, Duncannon Fire Company, L. B. Smith Ford, Central Lincoln-Mercury, and West Shore Lincoln-Mercury from all claims and liabilities while participating in this event.

SIGNATURE _____ DATE _____
(parent's signature if participant under 18)