

3rd Annual

Dairy Dash 5K and 1-Mile Memory Walk

Saturday, September 5, 2015
Start Time • 9:00am
Lambs Creek Recreation Area
Mansfield, Tioga County, PA



Pennsylvania
Association for
Sustainable Agriculture

DAIRY DASH DETAILS

3.1-mile loop Cross Country Trail Course is NCAA Certified and part of the beautiful Lambs Creek Recreation Area, administered by the Army Corps of Engineers, Baltimore District

- Register by August 21 to receive our souvenir organic T-shirt.
- The 5K run will be chip-timed
- Real-time race results can be provided to runners via Facebook, Twitter or text.
- Water stop provided & refreshments will be served after the race, including Milky Way Farms famous chocolate milk!
- The 1-Mile Memory Walk starts after the 5K steps off, and will not be timed.
- No bicycles, skates or pets permitted on either course. Baby joggers welcome.
- Ample free parking is available.
- Race # pick-up runs from 7:15-8:30am
- No registrations will be taken after 8:30am on race day.
- All participants will be required to sign a waiver on race day.

AWARDS

- **Prizes will be Awarded to 5K**
1st Place Overall Finishers, Male & Female
- **Age Group Awards**
1st, 2nd, 3rd, Male & Female
15 and under, 16-19, 20-29,
and 10-year increments up to 70+

RACE INFORMATION

Jaunette Matis,
Development Coordinator
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SPONSORSHIP OPPORTUNITIES

Lauren Smith,
Director of Development
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REGISTRATION FORM

Name					
Address					
City				State	ZIP
Phone		<input type="checkbox"/> home <input type="checkbox"/> work <input type="checkbox"/> mobile		Email	
Age on August 31	Sex <input type="checkbox"/> Male <input type="checkbox"/> Female	Event <input type="checkbox"/> 5-K Dairy Dash <input type="checkbox"/> 1-Mile Memory Walk	T-shirt* <input type="checkbox"/> Youth, M <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> X-Large <input type="checkbox"/> XX-Large		
Signature (<i>Signature of parent or guardian if under 18 years of age</i>)				Date	
Emergency contact name				Phone <input type="checkbox"/> home <input type="checkbox"/> work <input type="checkbox"/> mobile	

Entry Fees for 5K and Memory Walk

- \$18** Early bird Pre-Registration through March 20 at 5:00pm
- \$20** Pre-Registration through August 21 at 5:00pm.
This is the last registration date to be guaranteed a shirt the day of the race.
- \$25** Final registration through August 31 at 5:00pm
- \$30** After August 31 and on Race Day

Mail form and entry fee to:
PASA Dairy Dash
P.O. Box 419
Millheim, PA 16854

Register online:
pasafarming.org/dairydash

Total Amount Due

\$

- Check Payable to
"PASA-Seeley Legacy Fund"
- Credit Card
Complete at right
 Visa MasterCard
 Discover

Card No.		
Security Code	Exp. Date	Billing ZIP
Cardholder name		
Signature		



Updated Feb. 1, 2015