

# Ebensburg Homecoming

## 5K/15K Race & Duathlon (2 mile run/8.5 mile bike/2 mile run)



Saturday, July 29, 2023

5K & 15K starts at 9:00 AM

Duathlon starts at 11:30 AM

Registration & Check-in:

5K/15K = 7:30AM to 8:45AM

Duathlon = 7:30AM to 10:30AM

This is a fast, fairly flat course on the Ebensburg Rails to Trails. Duathletes are no longer required to use a mountain bike, ALL BIKES are permitted and they must wear a helmet. Refreshments (beverages, fruit and cookies) will be provided after the race. Restrooms will be available.

LOCATION: Ebensburg Rails to Trails at the YPCC  
(if we run out of shirts - \$10)

FEE: 5K/15K race	\$ 20
Duathlon	\$ 25
Both 5K or 15K & Duathlon	\$ 30

AWARDS 5K & 15K



Homemade Apple Pies to the Top 2 Finishers Male and Female Overall and Top 2 Finishers Male and Female in the following age groups

9 - 13 14 - 18 19 - 29 30 - 39 40 - 49 50 - 59 60 - 69 70 & Over



AWARDS Duathlon:



Homemade Apple Pies to the Top 5 Finishers Male and Female Overall



Send Entries To:

Ebensburg Homecoming 5K/15K & Duathlon, PO Box 428, Ebensburg, PA 15931

Make Checks Payable to:

Friends of CCXC

Questions:

(814) 659-8513

NAME: \_\_\_\_\_

Circle Race/s: 5K 15K Duathlon

Circle One: M F

AGE: \_\_\_\_\_

Phone #: \_\_\_\_\_

Shirt Size Circle One: S M L XL 2XL (Guaranteed to the first 100 entrants)

I know that running a race is a potentially hazardous activity and that I should not enter unless I am medically able and properly trained. I assume all risks associated with running this event including, but not limited to; falls, poison ivy, bee stings, contact with other participants, the effects of the weather, traffic and the conditions of the course. All such risks being known and appreciated by me and having read this waiver and knowing these facts and in consideration of accepting my entry form, I and anyone entitled to act for me, wave and release the organizers of this race, its volunteers, Ebensburg Boro and its Dept. and employees, and Central Cambria School District and Central Cambria Cross Country Boosters from any claims and liabilities of any kind arising out of participation in this event or carelessness of any persons named in this waiver.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Guardian if under 18: \_\_\_\_\_