

## AGE CATEGORIES

### 5K Runners:

14 & Under

15-19

20-24

25-29

30-34

35-39

40-44

45-49

50-54

55-59

60-69

70+

### 5K Walkers:

19 & Under

20-29

30-39

40-49

50-59

60-69

70+

(Spotters on course, please make sure you are walking)

### AWARDS:

Top "3" Male/Female Runners & Walkers overall

Top "3" Male/Female Runners & Walkers in each age category.

Awards, random drawing and refreshments at the Rices Landing Fire Hall

Please  
place  
postage  
here.

GREENE COUNTY COMMISSIONERS  
-BLAIR ZIMMERMAN; -DAVE CODDER—ARCHIE TRADER—  
93 EAST HIGH STREET  
WAYNESBURG, PA 15370  
724-852-5210  
[www.co.greene.pa.us](http://www.co.greene.pa.us)



GREENE COUNTY DEPARTMENT OF RECREATION  
JAKE BLAKER, DIRECTOR  
107 FAIRGROUNDS ROAD  
WAYNESBURG, PA 15370  
724-852-5323

# Dock to Lock

## 5K Run/Walk

**Saturday, May 11, 2019**

**Race Begins at 9:00 AM**  
**Mandatory Registration**  
**7:15-8:15 AM**

*at Rices Landing Fire Hall*  
*Bus Leaves promptly at 8:30*  
*AM for the start line at*

**Greene Cove Trail Head**



**Sponsors:**  
**Greene County**  
**Commissioners**  
**And**  
**Department of**  
**Recreation**

**For More Information**

**724-852-5323**

[www.co.greene.pa.us](http://www.co.greene.pa.us)

**SATURDAY, MAY 11, 2019  
RACE BEGINS AT 9:00 AM  
REGISTRATION BEGINS  
AT 7:15 AM**

Registration Fee:  
**\$18 Pre-registered by April 26th**  
\$20 Race Day

Run 5K     Male     Female

Walk 5K     Male     Female

Shirt Size: S   M   L   XL   XXL

**Pre-registration guarantees a T-Shirt.  
Shirts will be limited on race day.  
Adult sizes only.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

Age as of 5/11/19: \_\_\_\_\_

Email Address: \_\_\_\_\_  
\_\_\_\_\_

Make Checks Payable to:  
**County of Greene**

Registration fees are  
Non-refundable.

## WAIVER

In consideration of this entry being accepted, I the undersigned, intending to be legally bound, for myself, my heirs, executors and administration waive and release any and all rights and claims for damages I may have against the County of Greene, its agents, sponsors, the State of Pennsylvania for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have been sufficiently trained for the completion of a race of this distance and difficulty.

I have read the above statement, I understand it and my signature confirms its full acceptance.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Parent/Guardian if under 18 years of age

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

**Please Mail Entry and Waiver Form to:**  
Greene County Department of Recreation  
Trail Run, 107 Fairgrounds Road  
Waynesburg, PA 15370

2019  
**Dock to Lock**  
**5K Run/Walk**

## LOCATION

Rices Landing Fire Hall is located at:  
**66 Bayard Ave**  
**Rices Landing, PA 15357**  
\*Just off Route 88 along the  
Monongahela River in Greene County  
12 Miles East of I 79



## COURSE—POINT TO POINT

Crushed Limestone on the Beautiful  
Greene River Trail.

## SAFETY

Please-No Strollers, Dogs, Roller Blades,  
Bicycles, etc. on the trail.

## Timing Service

SERJ Racing Services  
Uniontown Pa

[www.serjracing.com](http://www.serjracing.com)