

# Run for the Fallen 5k run & walk

www.freewebs.com/runforthefallen5k/index.htm

## Date

Sunday, August 24, 2008 at 10AM  
Runners and walkers welcome

## Where

The Pennsylvania Military Museum in Boalsburg  
602 Boalsburg Pike, Boalsburg, PA 16827



## T-shirts

Free official event t-shirts will be guaranteed to the first 185 pre-registrants. Extra t-shirts will be sold at the event on a first come first serve basis for \$10. All registered runners will receive an American flag at check in to keep or add to the 185 American flag memorial set up around the Museum grounds.

## Fees

The registration fee is \$12 until August 17<sup>th</sup> and \$15 on the day of the event. Check in will be under the covered Pavilion adjacent to the parking lot from 8:30-9:30AM. Mail entry form and fee to Maggie Selzer, 720 Teaberry Lane, State College, PA 16803. **Please make checks payable to NVRC** (Nittany Valley Running Club).

## Course

The running course will begin on the museum grounds and then loop in to the residential neighborhood behind the museum, better know as 'the hill.' The course loops up and around Mount Nittany Middle School, back through the residential area and ends back on the museum grounds. Go to <http://www.runningmap.com/?id=59605> for a detailed interactive course map. Walkers are invited to walk the half-mile loop around the military grounds as the runners complete the 5K course. Please be mindful of and make way for runners as they re-enter the museum grounds for the finish of the event.

## Special Note

All participants are encouraged to share memories or stories of loved ones by submitting a loved ones name to [maggie.selzer@yahoo.com](mailto:maggie.selzer@yahoo.com). Stories and memories submitted will be posted with the flag memorial set up around the museum grounds. Participants are also encouraged to write a loved one's name on their running bib if they wish to run in memory of a specific person.

**Run for the Fallen** in Boalsburg, PA supports the mission of a group running across the country, planting an American flag every mile of the way in honor of a service member who has fallen in Operation Iraqi Freedom. August 24<sup>th</sup> marks the groups last day of running, where they will arrive in Arlington Memorial Cemetery, VA. By running/walking on August 24<sup>th</sup> in Boalsburg, you will be honoring the memory of all fallen soldiers in addition to honoring the memory of the 185 service men and women who have fallen from Pennsylvania. **All proceeds** will be donated to organizations that help wounded soldiers and families of fallen service members. For more info visit: <http://info.runforthefallen.org/>

**Questions?** Contact the run director, Maggie Selzer (814)571-8755 or at [maggie.selzer@yahoo.com](mailto:maggie.selzer@yahoo.com).

**Volunteer!** Please contact the run director for volunteer opportunities.

### Run for the Fallen 5K run & walk, 2008

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Shirt Size S M L XL

Phone \_\_\_\_\_ Email \_\_\_\_\_ Birthdate \_\_\_\_\_

In consideration of the acceptance of my entry and intending to be legally bound, I hereby, for myself, my heirs, my executors and administrators, do waive, release, and discharge all rights and any claims which I may have, or which may hereafter accrue to me, against State College Borough, and any and all members of the NVRC and all named and unnamed sponsors and volunteers, while traveling to and from the event, participating in the event, or using any and all facilities, for any and all injuries suffered by me in this event. I understand any event is potentially dangerous and hereby attest and affirm that I am sufficiently conditioned for this event.

Signature of Entrant \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent/guardian if entrant is under 18 years of age \_\_\_\_\_ Date \_\_\_\_\_

