

# 28<sup>th</sup> Annual Black Moshannon-YMCA 10K & 5K Race



**Walkers @ 9:00AM**      **Runners @ 10:00AM**  
**May 24, 2008 at Black Moshannon State Park**

**Sponsors:**      **LEE INDUSTRIES, Inc / M & T BANK / CNB BANK**  
**RAPID TRANSIT SPORTSWEAR / "FOR THE BIRDS"** (Bird Houses handmade from barn wood)  
**BLACK MOSHANNON LODGE**      Benefiting: **Moshannon Valley YMCA of Philipsburg**

**Pre-Registration: \$12.00 (\$15 race day) Race fee is reduced \$6.00 per person for 3<sup>rd</sup>, 4<sup>th</sup> and/or 5<sup>th</sup> family members of the same household who pre-register. T-shirts are guaranteed to pre-registered participants. Same day entrants receive them while supply lasts on race day.**

**INSTA-RESULTS** Computer Timing, Drums, PA / Water at miles 3 & 5 / Splits at Miles 1 & 5  
**MERCHANDISE DONATIONS:** Philipsburg Dairy Queen True Value Hardware of Philipsburg  
 Sarina's Family Restaurant McDonald's of Philipsburg Subway of Philipsburg Front Street Jewelers  
**VOLUNTEER SERVICE:** Philipsburg & Nittany Amateur Radio Clubs  
 Moshannon Valley Emergency Medical Services / DJ Music by Brian Bennett

**10K RACE: Overall male/female: 1<sup>st</sup> \$15 2<sup>nd</sup> \$10 3<sup>rd</sup> \$10 (no duplications)**

**MALE:** 14 & under (1); 15-19 (2); 20-29 (3); 30-34 (3); 35-39 (3); 40-44 (3); 45-49 (3); 50-54 (2); 55-59 (2); 60-64 (2); 65+ (2)

**FEMALE:** 19 & under (1); 20-29 (2); 30-34 (2); 35-39 (2); 40-49 (2); 50-54 (2); 55-59 (2); 60+ (2)

**10K Special Awards: Harry Lyons Memorial (1<sup>st</sup> Male over 50) 1<sup>st</sup> Philipsburg-Osceola Area Finisher**

**5K RACE: Overall first three males/females (No duplications)**

**MALE:** 10 & under (2); 11-14 (2); 15-19 (4); 20-29 (3); 30-34 (2); 35-39 (2); 40-44 (2); 45-49 (2); 50-54 (2); 55-59 (1); 60+ (1)

**FEMALE:** 10 & under (2); 11-14 (2); 15-19 (4); 20-29 (3); 30-34 (2); 35-39 (2); 40-44 (2); 45-49 (2); 50-54 (2); 55-59 (1); 60+ (1)

Detach & mail to: Dave Caslow , 310 Blanchard Street, Osceola Mills, PA 16666

**Checks payable to: "Moshannon Valley YMCA" (YMCA of Philipsburg 814-342-0889)**

I hereby waive and release any and all rights, claims and damages I may have against the Moshannon Valley YMCA, its sponsors, Black Moshannon State Park, race organizers, their representatives and assigns to be held on May 24, 2008, and any and all injuries suffered by me in this event. I attest and verify that I am an amateur and have trained sufficiently for this event.

**RUNNERS ONLY**

(Circle One)

**10K RUN**

**5K RUN**

**WALKERS ONLY**

(Circle One)

**10K WALK**

**5K WALK**

**CIRCLE T-SHIRT SIZE: S M L XL Male \_\_\_\_\_ Female \_\_\_\_\_ AGE: \_\_\_\_\_**

**NAME: (PRINT) \_\_\_\_\_ PHONE: \_\_\_\_\_**

**STREET \_\_\_\_\_ TOWN: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_**

**SIGNATURE: \_\_\_\_\_ (If under 18, parent must sign)**

Print e-mail address **clearly** if you desire to receive race results: \_\_\_\_\_

# 1 Corinthians .9:24

**Walker Instructions for 10K:** Begin at 9:00AM at the 10K start line on Black Moshannon Road (behind the beach area). The walk is a non-competitive 6.2 mile loop through state park and forest land with light traffic. There is a strenuous ½ mile hill which begins after crossing the wooden bridge over Black Moshannon Creek. Walkers should stay to the side of the road and **yield to the runners** who are in competition. At the finish line **do not enter the runner's chute!** Turn right onto the grass lawn and pick up certificates of completion.

**Walker Instructions for 5K:** Begin at 9:00AM at the intersection of Westside Road. Walk out and back along the lake on the scenic Westside Road. Stay to the left side of the road, watch for traffic and **yield to the runners who are in competition.** Finish to the right in the grass lawn.

## **10K RACE COURSE DESCRIPTION**

“After a pleasant mile through the woods, the Black Moshannon 10K course climbs a hill. The hill is the centerpiece. Leaders vie to break loose on it, middle of the pack folk try not to lose too much time, novice runners struggle not to walk. But even leaders walk sometimes on this rather challenging climb, after which everyone feels a sense of accomplishment and looks forward to 5 miles of rolling, gradual downhill.” Ernie Keen “Runner’s Gazette” August, 1985



Rich Hanlon Tom Cali Jeremy Bochert



Deanna Brown Beth Parker Evelyn Ellis

## **2007 10K WINNERS**

Jeremy Bochert	Reynoldsville	37:07
Tom Cali	State College	38:03
Rich Hanlon	Pittsburgh	39:49
Beth Parker	State College	40:53
Deanna Brown	Hollidaysburg	44:25
Evelynn Ellis	State College	45:10

## **2007 5K WINNERS**

Andy Cunningham	State College	17:36
Alex Klinger	Bellefonte	18:55
Dan Clark	Morrisdale	19:24
Megan Wise	North Wales	21:29
Angela Robinson	Julian	22:09
Kelleen Lanagan	State College	22:30

1<sup>st</sup> Philipsburg Area 10K Finisher: Joe Matson, 44:00  
Harry Lyons Memorial (10K): Tom Cali, State College 37:55

## **TAC COURSE RECORDS**

Martin Nagy 32:51 (1990)  
Mary Salamone 38:21 (1988)