

**PRESENTED BY NORTH  
SCHUYLKILL CROSS COUNTRY**

# MIND OVER MILES

*5K and Fun Run!*

**SATURDAY, AUGUST 13TH  
NORTH SCHUYLKILL JR./SR. HIGH SCHOOL**

15 Academy Lane, Ashland PA 17921



**5K REGISTRATION - \$25**

**1 MILE FUN RUN/WALK - \$20**

**\*\$30 AFTER JULY 29TH  
AND WILL NOT BE  
GAURANTEED A TSHIRT\***

**7:30 AM - CHECK IN/REGISTRATION**

**8:30 AM - START OF 5K**

**9:30 AM - FUN RUN/WALK BEGINS**

**10:00 AM - AWARD PRESENTATIONS**

Awards will be given to top finishers in each age group  
5K Course will be a mixture of trail and road

**\*OFFICIAL TIMING\***

**OPTIONAL ONLINE REGISTRATION:** [www.pretzelcitysports.com/online-registration/](http://www.pretzelcitysports.com/online-registration/)

Normal service fee applies - closes at midnight, the Wednesday before race day

**NAME:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

**AGE (on race day):** \_\_\_\_\_

**Please Circle:** Male or Female      5K or Fun Run/Walk      T-Shirt Size: \_\_\_\_\_

Make checks payable to Spartan Cross Country Booster Club  
411 W Main Street, Girardville, PA 17935