



Nittany Valley Running Club

Oak Hall Mile Run

Benefitting

Saint Joseph's Catholic Academy's Athletic Programs and Service Club's *Thirst Project*

Saturday, August 20, 2016

<http://oakhallmile.elipzer.com>

Initial Wave Start Time: 10:00 AM

Oak Hall Regional Park

Boalsburg, PA

Description: Participants will run a one mile course in waves as follows: 1) Females 14 and under, 2) Males 14 and under, 3) Females 15 and over, 4) Males 15 and over. After these waves are completed, participants are encouraged to run in the complementary Water Wave. In the Water Wave, participants will run the course carrying a gallon* of water. At the conclusion of the Wave, these gallons of water will be donated to Bag Hunger, a local food pantry.

Registration: Go to <http://oakhallmile.elipzer.com/> to register online or complete and mail in this form. Same day registration is available from 9:00 to 9:30 at the site. For more information contact sjcaxctf@gmail.com.

-----Registration Form-----

One entry form per participant. Mail this form and payment to: *Saint Joseph's Catholic Academy, Oak Hall Mile, 901 Boalsburg Pike, Boalsburg, PA 16827.*

Participant's Information

First Name _____ Last Name _____ Sex M F

Address _____

City _____ State _____ Zip _____

Email _____ Race Day Age _____

	Early†	Regular
<input type="checkbox"/> Regular	\$8	\$10
<input type="checkbox"/> Youth	\$4	\$5

† Before Aug 17, 2016

I am planning on participating in the Water Wave*.

Donation \$_____ All donations are gratefully accepted and tax-deductible.



Total Amount Enclosed \$_____ **Checks should be made payable to "NVRC" (Nittany Valley Running Club)**

For and in consideration of my or my child's and/or ward's participation in the Oak Hall Mile, I hereby agree to indemnify and hold harmless the Administration and Staff of Saint Joseph's Catholic Academy, the race organizers and directors, Nittany Valley Running Club, Centre Region Parks and Recreation and all other organizations directly or indirectly associated in any way with this race and from and against any loss or expense, to include reasonable attorney fees, arising out of my or my child's and/or ward's participation therein.

Signature _____ **Date** _____

Parent Signature (required if under 18) _____ **Date** _____

* A gallon jug of water will only be guaranteed to the people registering for the Water Wave before August 17, 2016.