

2010 PENN RELAYS DISTANCE CLASSIC ENTRY FORM

PARTICIPANT INFORMATION

Name _____

Address _____

City _____ State _____ Zip _____

E-Mail _____

Day Phone _____

Date of Birth ____ / ____ / ____ Male _____ Female _____

RACE INFORMATION

20K _____ 5K _____ 1 Mile Kids Run _____

Shirt size: M L XL Age on Race Day _____
(circle one)

*Techwick T-Shirt to first 500 packet pick-ups on Race Day.

USATF # _____

TEAM SCORING

Team Name _____

Please print neatly

MAKE CHECKS PAYABLE TO:

PENN RELAYS DISTANCE CLASSIC

MAIL TO:

Penn Relays Distance Classic
c/o Runner's Advocate
2005 Country Club Drive
Doylestown, PA 18901

Online Registration Available
at www.active.com

MUST SIGN REVERSE SIDE

2009 RESULTS 20K RESULTS

MALE		FEMALE	
Top 3:		Top 3:	
Joe Dare	1:07:30	Cecily Tynan	1:23:39
Patrick Reaves	1:07:56	Kristin Decker	1:25:16
Greg Watson	1:09:02	Maggie Bradley	1:28:02

Age Group Winners		Age Group Winners	
15-19		20-29	
Dustin Deckard	1:34:45	Kristin Decker	1:25:16
20-29		30-39	
Joe Dare	1:07:30	Maggie Bradley	1:28:02
30-39		40-49	
Kevin Beugless	1:10:22	Cecily Tynan	1:23:39
40-49		50-59	
Greg Watson	1:09:02	Joan Potterfield	1:50:01
50-59		60-69	
Joe Clark	1:22:44	Mary McCoy	2:00:09
60-69		70+	
David Romano	1:42:29		
70+			
Jerry Gornish	1:42:42		

TEAM RESULTS

5K		20K	
39th St. Track Club:		Georgetown Running Co.:	
	1:21:19		3:31:40
John Cassidy	15:42	Patrick Reaves	1:07:56
Clayton Smith	15:56	Patrick Murphy	1:09:52
Ben Fletcher	16:25	Patrick Hughes	1:13:52
Brian Trembly	16:26		
Phil Cawkwell	16:50		

5K RESULTS

MALE		FEMALE	
Top 3:		Top 3:	
John Cassidy	15:42	Camille Medema	18:42
Clayton Smith	15:56	Sarah Simonetti	19:14
Eric Conklin	15:57	Meghan Malloy	19:47

Age Group Winners		Age Group Winners	
1-14		1-14	
Tony Rodio	18:40	Meghan Malloy	19:47
15-19		15-19	
David Walters	16:20	Sarah Simonetti	19:14
20-29		20-29	
John Cassidy	15:42	Camille Medema	18:42
30-39		30-39	
Phil Reilly	17:24	Monica Biro	20:33
40-49		40-49	
Joseph Cerniglia	18:20	Sue Harbison	24:48
50-59		50-59	
Billy Wright	18:50	Christine Cumming	24:30
60-69		60-69	
Phil Karsch	22:31	Jeanne Davis	34:29

First Class
US Postage
PAID
PERMIT #2563
Phila., PA 19104

116th Penn Relay Carnival
University of Pennsylvania
219 S. 33rd Street
Philadelphia, PA 19104-6319



2010 DISTANCE CLASSIC

2010 DISTANCE CLASSIC SUNDAY, APRIL 18



PENN RELAYS

**SPECIAL EDITION
TECHWICK SHIRTS**

5K TEAM COMPETITION

USA CERTIFIED COURSE

PENN RELAYS DISTANCE CLASSIC

Sunday, April 18, 2010 • 7:30 a.m.

Held annually as the kick-off event to the world-renowned Penn Relays, the DISTANCE CLASSIC offers a race for everyone. The course is FLAT, FAST, AND FUN. Beginning and ending at Franklin Field, participants travel through the streets of Philadelphia. Lots of food and drinks will be available following the races.

THE 20K

Start time — 7:30 a.m.

Entry Fee — \$30 if pre-registered by April 9; \$45 day of race

Course Clocks — Posted at the 5K, 10K and 15K

Water available throughout the course

Awards

- Open and Masters Division winners will receive a Penn Relays watch.
- Medals will be awarded to the top 10 overall and winners in each age group.

Team Competition

- Prizes given to top three teams. Winning team receives medals for each scorer and a Penn Relays team plaque; Second and third-place teams receive medals for each scorer. Teams will be scored by a cumulative team time of three runners.

THE 5K

Start Time — 7:40 a.m.

Entry Fee — \$25 if pre-registered by April 9; \$35 day of race

Awards

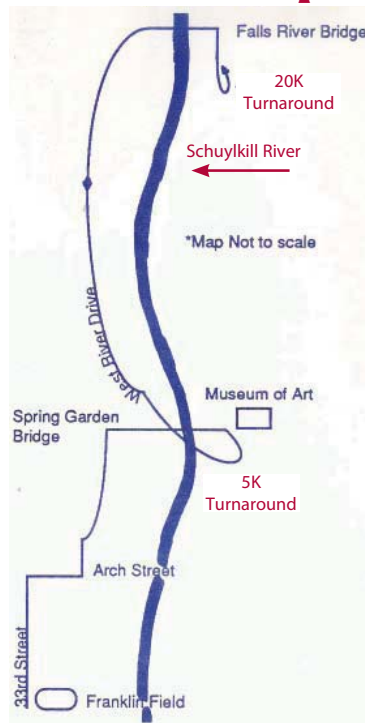
- Medals will be awarded to the top five overall and winners in each age group.

Team Competition

- Prizes given to top three teams. Winning team receives medals for each scorer and a Penn Relays team plaque; Second and third-place teams receive medals for each scorer. Teams will be scored by a cumulative team time of five runners.
- Teams may enter in one of two divisions:
High School/Club: Runners must be from same high school
Post-High School: Post-high school runners only

- Entry forms must be submitted together. No additional fee required!

Course Map



Distance Classic Race Routes

The racers will begin and end the race at Franklin Field, on Penn's campus (235 South 33rd St.) The race is scheduled to begin at 7:30 a.m. on 33rd Street and proceed north across Walnut, Chestnut and Market Streets.

The runners will turn east (right) onto Arch Street and travel one block to 32nd Street where they will turn north (left), following the curve until it changes to 31st Street. The course will stay on 31st to Spring Garden Bridge. Upon crossing the bridge, the course will take a U-turn toward the right on to West River Drive/Martin Luther King Drive, the main body of the course map.

The runners will run north on the Drive, crossing over Falls Bridge and then turn right toward the city. The turn-around

point is just beyond the stone Railroad Bridge. At this point the runners will retrace their steps and return to Franklin Field for the finish.

The 5K route is the same with the turnaround coming in front of the Art Museum.

COURSE ALL-TIME LISTS

20K Male		
1:03:02	El-Mostapha Nechchadi	1992
1:03:03	Brendan Hilliard	1992
1:03:25	Dave Mullan	1990
1:03:36	Bob Schwelm	1992
1:03:44	Thomas Dougherty	1992
20K Female		
1:12:23	Veronique Collard	1990
1:13:19	Jan Wanklyn	1995
1:13:28	Jan Yerkes	1990
1:14:22	Connie Buckwalter	2002
1:15:36	Jan Yerkes	1991
5K Male		
15:26	Tom Rhodes	2007
5K Female		
19:01	Kathryn Bowser	2008

IMPORTANT INFORMATION

Packet Pick-up — Race day registration and packet pick-up will open at 6 a.m. inside Franklin Field.

Start & Finish — 235 South 33rd Street (Franklin Field) on the University of Pennsylvania campus.

Age Groups:

- 14 and under
- 15-19
- 20-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70 and up

The courses are USATF certified and will be closed at 10 a.m.

Awards — 30-45 minutes after each race inside Franklin Field

Parking— Street parking will be limited

Further Information — Call Penn Relays Office at 215-898-6145

Kids 1 Mile Fun Run

Start time — 7:25 a.m.

Entry Fee —\$5 if pre-registered by April 10; \$10 day of race

Ages — All runners 14 years or younger

Ribbons — Presented to all finishers

Finish and Start Line located on Franklin Field Track

Timing and Results

- Timing and Results will be provided by Runners Advocate Race Services.
- Results will be posted on the websites of the Penn Relays Carnival (www.ThePennRelays.com) and Runners Advocate (www.erols.com/runadvote).

Online Registration Available
at www.active.com

WAIVER

In consideration of acceptance of this entry: I hereby agree for myself, my heirs, my executors and administrators to waive any and all rights and claims for damages I may have against the sponsors, coordinating groups and individuals associated with this event, their representatives, successors, and assignees and will hold them harmless for any and all injuries suffered in connection with said event. Also, none of the above are responsible for the loss of personal items and any other forms of aggravation in connection with said event. I understand that I must be in good health to participate in the event. I acknowledge that if I wear headphones in violation of USATF rules I put myself at risk. I give permission for the free use of my name and picture in any broadcast, telecast or print media account of this event.

Signature

Date

Parent's Signature (if participant under 18) Date

MAKE CHECKS PAYABLE TO:
PENN RELAYS DISTANCE CLASSIC

20K
\$30 Pre-registered
\$45 Day of race

5K:
\$25 Pre-registered
\$35 Day of race

Kids mile:

\$5 Pre-registered
\$10 Day of race

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c.o Runner's Advocate
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