



**VCC "Race the Course" 5K & 1 Mile Hill Climb**  
 5K Run/ Walk  
 1 Mile Hill Climb Fun Walk  
**Saturday, May 18, 2019**

**Race Location:** The Valley Country Club – 79 Country Club Lane, Sugarloaf, PA. Race Day registration & packet/bib pick-up starts 7am (closing at 8:30am sharp)

**Directions:** Near the intersection of PA 93 & I-81. (Club main entrance at southwest end of Hampton Inn parking lot). **\*\*IMPORTANT NOTICE\*\*** – Club main entrance will be closed at 8:30am sharp to allow for set up of 1 Mile Hill Climb course. All traffic will be redirected to the club's rear entrance at the corner of Country Club Lane & Walnut Ave. (aka Mountain Road or W. Foothills Drive.)

**Course Description:** 1 Mile Hill Climb – This is a chip timed fun run/walk. Starting at Clubhouse parking lot, sprint/run/walk up the club entrance road to main entrance pillars (near Hampton Inn parking lot) and return to finish line. 5K Run/ Walk – Starting at Clubhouse parking lot, proceed along marked route – following golf cart paths, race markings and barriers returning to finish line in front of Clubhouse. 5K course will traverse all 18 holes and will vary in terrain to include asphalt paving, gravel & grass.

**Awards:** Top male and female finishers for 5K race will receive a complimentary 1 year VCC Social Membership. 2<sup>nd</sup> & 3<sup>rd</sup> place male and female 5K race finishers will receive a VCC pro shop gift certificate. Top two finishers for 5k race in the following age groups will receive medals: 15 and under (2), 16-19 (2), 20-29 (2), 30-39 (2), 40-49 (2), 50-59 (2), 60-69 (2), 70 and over (2). Awards ceremony will take place on the VCC clubhouse Sugarloaf Terrace. \*No awards for the 1 Mile Hill Climb All race participants & their guests are welcome to explore the club facilities following the awards ceremony.

**Proceeds:** benefit *Conyngham Valley Food Pantry*

**Entry Cost information:** Early registration deadline is on **April 15, 2019.**

**1 Mile Hill Climb –**  
 \$15 (Early Registration) / \$20 (Race Day Registration)  
 09:15AM Start Time

**5K Course Run / Walk –**  
 \$20 (Early Registration) / \$25 (Race Day Registration)  
 09:00AM Start Time

**\*\*All registrations include race t-shirt, (1) VCC pool guest pass, bottled water, bananas & protein bar at the finish line\*\***

**Make Checks Payable to:**

Valley CC, LLC - 1390 Ridgeview Drive, Allentown, PA 18104 – Note in memo: *VCC Race the Course 5K*

**Contact:** Tom Ciccarella **Email:** [tciccarelli@thevalleycountryclub.com](mailto:tciccarelli@thevalleycountryclub.com)

**Additional Info:** Online registration encouraged @ [www.racemenu.com/vcc5k](http://www.racemenu.com/vcc5k). Race forms are available online at [www.thevalleycountryclub.com/VCC5k](http://www.thevalleycountryclub.com/VCC5k). Results will be posted on the VCC and Second Wind Timing websites.

**VCC "Race the Course" 5K & 1 Mile Hill Climb ENTRY FORM - PLEASE PRINT LEGIBLY**

Name \_\_\_\_\_ Sex \_\_\_\_\_ Date of Birth (mm/dd/yyyy) \_\_\_/\_\_\_/\_\_\_ Age (Day of Race) \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Participating in (Circle ONLY One):

1 Mile Hill Climb      5K Run      5K Walk

Shirt Size (Circle ONLY One):

Small    Medium    Large    XLarge    NONE

**Waiver (MUST BE SIGNED)** In consideration of your accepting this entry, I, the below signed, intending to be legally bound, for myself, my heirs, my executors and administrators, waive and release and any all rights and claims for damages I may have against the race, and sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest that I will participate in this event as a footrace, that I am physically fit and sufficiently trained for the completion of this event. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs and any record of this event in which I may appear for any legitimate purpose, including advertising and promotion.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Parent or Guardian if under 18** \_\_\_\_\_