



JOIN US FOR 3.1 MILES ON  
**SUN., AUG. 27, 2023 – 8 A.M.**

## **5K Run/Walk for Women @ Penn State Behrend**

**Whether you're a seasoned athlete, a novice runner or a couch potato up for a challenge, the Women's Engagement Council's 5K Run/Walk for Women is a safe place to stretch your legs, find your wings and accomplish your personal fitness goals with the support and encouragement of women just like you. The Run for Women, a Penn State Behrend Women's Engagement Council event, gives women the rare opportunity to be the front runners and cross the finish line first. Regardless of your age or ability, we hope you'll gather your friends, family, and colleagues to revel in the immense empowerment of a women's 5K! Note that participation in this event is open to all regardless of sex or gender.**

### **SWEET REWARD**

Need more incentive to toe the line at the Run for Women 5K at Penn State Behrend? How about Penn State's world-famous Berkey Creamery Ice Cream at the post-race party. This sweet treat – courtesy of [Penn State Behrend Athletics Program](#) – will be the perfect way to cool down and refuel while you kick back and chill with all your new running friends.



### **DETAILS, DETAILS**

**Race date:** SUN., AUG. 27, 2023

**Time:** 8 a.m. - rain or shine

**Location:** Penn State Behrend's Advanced Manufacturing and Innovation Center (AMIC), 5350 Technology Drive (top of Jordan Road).

**Parking:** Burke Parking Deck (Technology Drive), Junker Center, Almy or Erie lots.

Please be sure your email address is correct to get parking maps, course maps, last minute race instructions, and a code for packet pickup!

### **RUN OR WALK**

There will be no official walk division or walk awards, entrants may run, walk or do a little of both. Please note that those under 18 must be accompanied by an adult, however the adult is not required to participate.

### **REGISTRATION/T-SHIRTS**

The entry fee for the 5K is \$25. This price includes a women's-fit race t-shirt (shirts run small, so order a size up if you want it looser). Students in grades K-college are \$15 with a shirt. There is a \$5 discount if you don't want a shirt. Register online at [behrend.psu.edu/wec](http://behrend.psu.edu/wec).

Day-of-race registration and packet pickup on race morning at AMIC from 6:30 to 7:30 a.m. Note: T-shirts will not be available for late/day-of-race entries. **You must pre-register by 8/11 to get a shirt.**

### **THE COURSE**

**The 3.1-mile course starts at Behrend's Advanced Manufacturing and Innovation Center (AMIC) on Technology Drive, loops through Knowledge Park on closed roads, and returns to finish in front of the AMIC building.**

### **THE RACE DIRECTOR**

**Heather Cass has been running and racing in the Erie area for nearly 25 years. She founded the Her Times Women's 5K, which she directed for 15 years at Presque Isle State Park.**

### **TIMING/RESULTS**

Timing by Big White Trailer Timing. Results will be posted shortly after the race. Awards (for women) will be distributed at an awards table when results are complete. Results will be posted at [bigwhitetrailer.com](http://bigwhitetrailer.com).

# REGISTRATION FORM

Register **ONLINE** for **FREE** at [www.behrend.psu.edu/wec5K](http://www.behrend.psu.edu/wec5K)

If you prefer to register by mail, each participant must complete a separate entry form (below). Make check payable to *Penn State University*, and mail with entry form(s) by Friday, Aug. 18 to: RunForWomen5K, Penn State Behrend – Glenhill Farmhouse, 4071 College Drive, Erie, PA 16563.

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

*Those under 18 must be accompanied by an adult, however the adult is not required to participate.*

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

Please provide email address to get last-minute parking instructions and a code for packet pickup!

5K Shirt Size: (Circle One) no shirt S M L XL XXL

*(NOTE.....Shirts are women’s cut and they run a little small! Order a size up if you want it loose)*

## Registration Fee:

**Must register by Aug. 10 to be guaranteed a shirt on race day.**

	With shirt	No shirt
Women’s 5K .....	\$25.....	\$20
Student (K-College).....	\$15.....	\$10

## Release and Waiver

In consideration for being permitted to participate in this 5K run, which is sponsored by Penn State Behrend and the Women’s Engagement Council and takes place on the premises of The Pennsylvania State University, I (or if under 18 my parent or legal guardian) hereby release and hold harmless Penn State Behrend, the Women’s Engagement Council, Harborcreek Township, and The Pennsylvania State University their trustees, officers, employees, members, volunteers and representative (collectively “Released Parties”) from any and all liability resulting from my participation in this event. Further, I hereby grant my permission and consent to all of the Released Parties to photograph, video record, or audio record me as part of this event. I authorize the Released Parties to use, modify, reproduce, distribute, publicly perform and display the photographs, video, and/or audio (collectively “Media”) taken of me for use in promotional materials and communication in any form now known or later developed without any notification and compensation. I hereby release and agree to indemnify and hold harmless the Released Parties for any and all claims that I or any third party may have now or in the future arising of the use of my likeness in the Media howsoever used. By my signature below, I hereby acknowledge that I am at least 18 years of age or this has been signed or countersigned by my parent or legal guardian.

Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

If under 18\*, printed name parent/legal guardian: \_\_\_\_\_

Parent/Guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_

\* Children under 18 must be accompanied by a parent or legal guardian on race day. Signature

## Like “RunForWomen5KatPSB” on Facebook!

indicates acknowledgement.

## AWARDS

The top three women overall, top master, and the top three women in each of the following age groups will receive awards: 8 & under, 9-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-70, 70-74, 75-79, and 80+.

## PRE-RACE PACKET

### PICK-UP

Early packet pickup will be held on **FRIDAY, Aug. 25, from 4-6 p.m.** at Penn State Behrend’s Advanced Manufacturing and Innovation Center (AMIC), 5350 Technology Drive (off Jordan Road) in Harborcreek. There will be signs posted. These are the only times you’ll be able to pick up at Behrend before race morning. You CAN pick up your packet on race day morning though!

\*\*\* Be sure your email address is correct when you sign up to get last minute race instructions and a code for packet pickup!

## RACE PROCEEDS

Proceeds from this race will support Behrend students and programming that promotes women and allies of women, including the Lion’s Pantry at Behrend, which is committed to providing free period products to all Behrend students.

## KEEP IN TOUCH

Race updates, encouragement and information can be found at [runforwomen5k.wordpress.com](http://runforwomen5k.wordpress.com)

Like “RunForWomen5KatPSB” on and “PSBwomenscouncil” on Facebook.

Learn more about the Women’s Engagement Council at [www.behrend.psu.edu/wec](http://www.behrend.psu.edu/wec)