

## Race Site:

Registration will take place at  
Uniontown High School Stadium

From 7:30am – 8:45am

**AWARDS & OMELET BREAKFAST**  
at

*Uniontown High School Cafeteria*

Mail preregistration forms to:

Joe Everhart

13 Marion Street

Uniontown, PA 15401

Phone: 724 439-2113

[www.cross.uniontown.net](http://www.cross.uniontown.net)

[facebook.com/uniontowncrosscountry](https://facebook.com/uniontowncrosscountry)

Checks payable to:

Uniontown Cross Country

The Omelet Run has been featured in:

***RUNNER'S WORLD &***

***PITTSBURG POST GAZETTE***

### OMELET BREAKFAST:

The Omelet Breakfast will start at 9:30.

All are invited to partake. Racers who have  
paid a registration fee will be granted free  
admission.

Non-participants will be allowed to partake  
in the breakfast for \$6.00.

Children under 10 Free

Participants may prepay breakfast for family  
and friends when they pre-register or when  
they register on race day.

## ENRTY FEE:

- Those who pre-register before  
June 17<sup>th</sup> will save \$10.00.
- Pre-registration fee: \$15.00
- Post-registration fee: \$25.00  
(After June 17<sup>th</sup>)

All registrants are also entitled to a  
complimentary breakfast.

Post-registrants  
are not guaranteed a t-shirt.

## AWARDS:

### MILE

Top 3 men and women high school.

Top 3 men and women open division.

### 5K RUN

Top quality awards will be given to:

Top 3 men and women runners overall.

Also awards will be given to the top  
three runners in each of the following  
age groups:

\*13 & under, \*14 – 19, \*20 – 29,  
\*30 – 39, \*40 – 49, \*50 – 59,  
\*60 & up.

### 5K WALK

Top male and female walker.

Also awards will be given to the top  
three walkers in each of the following  
age groups:

\*19 & under, \*20-39, \*40-49, \*50-59,  
\*60 & up

Ceramic Eggs painted by the children  
from *Western Pennsylvania School For  
Blind Children* will be awarded to top  
finishers.

## NEW FOR 2017:

This year, along with the 5K, we will  
hold the **JOE THOMAS MILE**. This  
race is in honor one of the greatest  
milers ever from Uniontown High  
School. Joe Thomas was a two time  
state champion in the mile and also a  
two time state champion in cross-  
country. His high school mile time  
was an amazing 4:14! He also was a  
national champion and All American  
at Southern Illinois.

The mile race will begin at 8:30. (So  
you can also run the 5K.)

It will be run on a new all weather  
track at the Uniontown High School  
Stadium.

This year we will have two divisions,  
but hope to add to that as the race  
grows in popularity.

The fastest male and female will have  
their names engraved on a plaque that  
will stay at UHS.



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# CHEF JOE'S



# OMELET RUN

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SATURDAY

JUNE 24, 2017

8:30 AM – Mile 9:00  
AM – 5K

All proceeds go to:



WESTERN  
PENNSYLVANIA  
SCHOOL  
FOR BLIND  
CHILDREN

and  
**Uniontown  
Cross Country Team**

Don't forget about:

**The Little Scrambler**

(A 400 meter race for 12 & under)

**Ribbons for all.**

**Medals for top 3 boys & girls.**

Pre-registration - \$5.00

Post-registration - \$5.00



NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_

CHECK: MILE RACE \_\_\_\_\_ 5K RUN \_\_\_\_\_ 5K WALK \_\_\_\_\_ LITTLE SCRAMBLER \_\_\_\_\_ SEX \_\_\_\_\_

Child Shirt Size: (check One) S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ Age on race day \_\_\_\_\_

Adult Shirt Size: (check One) S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ Additional Omelets Adults \$6

Being that I am physically fit and have trained for this race, I waive any and all right and claims for damages I may have. I relieve sponsors, directors, and all peoples and groups associated with this race of any and all liabilities.

Signature: (parent of guardian if under 18) \_\_\_\_\_