

Signature: (parent of guardian if under 18)

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.

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

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

CHECK: MILE RACE _____ 5K RUN _____ 5K WALK _____ LITTLE SCRAMBLER _____ SEX _____

EMAIL _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

NAME _____ PHONE _____

All proceeds go to:



WESTERN
PENNSYLVANIA
SCHOOL
FOR BLIND
CHILDREN

and

Uniontown

Cross Country Team

and

Penn State Fayette

Cross Country Team

Don't forget about:

The Little Scrambler

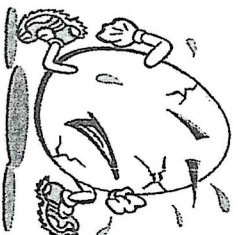
(A 400 meter race for 12 & under)

Ribbons for all.

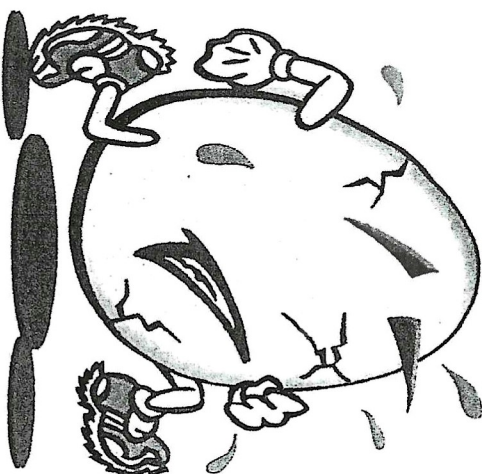
Medals for top 3 boys & girls.

Pre-registration - \$5.00

Post-registration - \$5.00



**CHEF
JOE'S**



**OMELET
RUN**

SATURDAY

JUNE 18, 2022

8:30 AM - Mile

9:00 AM - 5K

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

facebook.com/uniontowncrosscountry

The Omelet Run has been featured in:

RUNNER'S WORLD &

PITTSBURGH 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.

ENTRY FEE:

- Those who pre-register before June 14th will save \$10.00.
- Pre-registration fee: \$15.00
- Post-registration fee: \$25.00 (After June 14th)

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

MILE RACE:

Again 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 an 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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