



2008 CHAMPIONS

Bucks 5k Overall Champion — Female

Sarah Simonetti

Bucks 5k Overall Champion — Male

Keith Capecci

Age Group Champions

<12	Elizabeth Huuki	Ross Wilson
70+	-	Charles Lougherty
65-69	-	Louis Coppens
60-64	Barbara Burger	Jim Rehrig
55-59	Ruth King	Phil Davies
50-54	Nancy Smith	John Gorgol
45-49	Marian Mccouch	Johnny King Marino
40-44	Deena Andrus	Antonio De Vido
35-39	Tammy Smith	Pj Grube
30-34	Jen Moylan	Scott Keyser
25-29	Tracey Sawyer	Matt Waters
20-24	Lindsay Anonich	Keith Capecci
15-19	Sarah Simonetti	Thomas Porter
12-14	Riley Renn	Austin Gregor

We would like to recognise all these sponsors who make this series possible.



DOYLESTOWN



TRAININGZONE
www.TZSPORTS.com



INDIVIDUAL RACE AWARDS

There will be one overall male and female winner for each race and one male and female age graded master runner. There will also be awards for the first 3 runners in each age group, male and female. The winners (overall and masters) will be excluded from the age group awards.

T-shirts are guaranteed to all preregistered runners and while supplies last on race day.

Age Groups (age as of June 6, 2009):

Under 12	25-29	45-49	65-69
12-14	30-34	50-54	70+ (age graded)
15-19	35-39	55-59	
20-24	40-44	60-64	

SERIES SCORING – OVERALL CHAMPIONS

For scoring the overall male and female winner, we will award points to the top 7 men and women in each race. The points will be awarded as follows:

First	20 points	Fifth	5 points
Second	15 points	Sixth	3 points
Third	10 points	Seventh	2 points
Fourth	7 points	Finishing	1 point

A runner must run at least 4 races to qualify for the Panera Bread Bucks 5K Series Championship. We will add the best 4 finishes (by points) to determine the total series points. In the event of a tie, there will be co-champions, and duplicate awards will be provided. The overall champions will not be eligible for age group awards. The series standings will include all runners who have finished in the top seven in any race.

SERIES SCORING – AGE GROUP CHAMPIONS

We will award series points to the top seven in each age group for each race and one point to all runners who finish. The series age group champions will be determined in the same way as the overall champions, except that awards will be given to the top 3. In the event of a tie, there will be co-champions, and duplicate awards will be provided.

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PANERA BREAD BUCKS 5K SERIES
c/o CB Family YMCA
2500 Lower State Road
Doylestown, PA 18901

Seven Great Races for Runners, Racers and Rookies



Panera BREAD BUCKS 5K SERIES



2009

Central Bucks Family YMCA 5K	March 22
New Hope-Solebury Spirit Run	April 5
The Lab Fitness + Spa 5K	April 18
Bridge Valley Trailblazer Race for Autism	April 25
JK-M SERTOMA 5K	Wednesday, May 13
Doylestown 5K	May 23
Chalfont Challenge	June 6

CHAMPIONCHIP TIMING

7 Great Races for Runners, Racers and Rookies

EVENT INFORMATION

- **www.bucks5kseries.com** – Our web site provides driving directions, race results, online registration, and much more.
- **Series Booth** – The series booth will be your race day information center.
- **Volunteer Race Crew** – Volunteers are the heart and soul of the Series. To volunteer, please call the race information number or go online at bucks5kseries.com.
- **Race Management** – Baldasari and Leestma
- **Timing and Scoring** – Compuscore with the Champi-onChip system
- **Waiver** - Each runner will be required to sign a waiver on race day. A parent's signature will be required for runners under the age of 18.
- **Bucks 5K Series Tile** - The overall Series male and female winners will each receive our custom Series tile mounted on a handsome plaque. All age groups Series winners (1st, 2nd, 3rd) will receive a beautiful tile.
- **No headsets or pets**; baby joggers at the rear.
- **No refunds** of entry fees are possible.
- **Rain or Shine**



PANERA BREAD BUCKS 5K SERIES
Seven Great Races!

Be a Bucks Champion, set a personal record, run your first 5K, or just have fun. Enter the Panera Bread Bucks 5K Series of races and join the 4000 athletes who are part of our wonderful community of runners. In 2008, the Series earned \$100,000 for our seven important local causes.

NEW FOR 2009
We have 3 new race courses this year. The New Hope-Solebury Spirit Run has been redesigned to finish on the new track at the high school. The SERTOMA 5K is being presented by Johnny King-Marino. It will move to a new flat and fast course, starting and ending in downtown Doylestown. It will be held on a Wednesday evening and will include a post race party at Bobby Simone's Restaurant. We also have a new race, the Bridge Valley Trailblazer for Autism.

FEATURES
All of our 5K races use the ChampionChip timing and scoring system. Each race gives 1-2-3 place awards in 5 year age groups. We also recognize the overall male and female winners and the top age-graded male and female master racers. Every race has a 1 mile fun run with awards for all finishers. The Lab Fitness + Spa includes a 2 mile fitness walk and two of the 5K races include walkers. Don't forget the two "Pump and Runs" at the YMCA and the Health and Wellness Center. As always, Series overall and age group winners will receive our custom Bucks 5K Series tile. Finally, if you register for all seven races, you receive a custom, moisture-wicking long sleeve shirt.

THE COURSES
In 2008, runners broke course records in four separate races. All of our beautiful courses have been officially certified by the USA Track and Field Association. The miles are accurately measured, clearly marked and include mile split times. Marshals ensure safety over the courses, with street closings where necessary. Water stations and emergency personnel are a regular part of the races.

FINISH LINE FUN
Enjoy great food, music, and the fellowship of the running community while the race results are tabulated. Our computerized scoring systems provide prompt and accurate results. Raffles and special events are planned for the various races

RACE RESULTS
Professional finish line management is provided by Baldasari and Leestma, while Compuscore provides the timing and computerized scoring. The awards ceremonies begin shortly after the finish of each race. Results are generally online that evening at both www.bucks5kseries.com and www.compuscore.com. After the first four races are completed, you'll find Series standings on our website. Series Awards will be given following the Chalfont Challenge.

1 CENTRAL BUCKS FAMILY YMCA 5K

When: Sunday March 22, 2009
Where: Central Bucks Family YMCA
2500 Lower State Rd, Doylestown

Registration: 7:00 am to 9:15 am
5K Run or walk: 9:30 am
Pump & Run: 7 am
Fun run: 9:00 am
Contact: Kathryn O'Hara 215 348 8131 ext.157
kohara@cbfymca.org

Highlights: Pump & Run, Kids scramble 10:30
Music and raffle.

Benefits: Central Bucks Family YMCA Financial Assistance Program, no one is turned away from the Y

2 NEW HOPE-SOLEBURY SPIRIT RUN

When: Sunday, April 5, 2009
Where: New Hope Solebury Upper Elementary School
180 W Bridge Street, New Hope

Registration: 8:00 am to 9:45 am
5K Race starts: 10:00 am
Fun run: 9:15 am
Contact: Community Association Office 215 862 5665,
or nhs5kspiritrn@comcast.net

Highlights: Spirit Run has gone GREEN: Bring used sneakers for recycling, T-shirts organic, Donate all unwanted finish line food to a local food bank. New Course with finish on Track! Music and Raffle includes – iPhone, Bike and Shuffle for 1 mile Fun Run.

Benefits: The NHS Community Association Scholarship and Athletic Funds

3 THE LAB FITNESS + SPA 5K

When: Saturday, April 18, 2009
Where: The Health and Wellness Center
847 Easton Rd. Warrington

Registration: 7:45 am to 9:15 am
5K Race starts: 9:30 am
Fun run: 9:00 am
2 mile Fitness walk: 9:00 am
Pump and Run: 7:45 am to 9:15 am
Contact: Jamie Tellner, 215 918 5911
jtellner@thelabfitnessandspa.com

Highlights: Pump and Run, Live Music, Prizes, Massages
Benefits: The Future of Emergency Care: A community campaign for a new Emergency Department at Doylestown Hospital.

4 BV TRAILBLAZER RACE FOR AUTISM

When: Saturday, April 25, 2009
Where: Bridge Valley Elementary School
2280 Sugar Bottom Road, Furlong

Registration: 7:30 am to 9:15 am
5K Race starts: 10:15 am
Fun Run: 9:30 am
Contact: Stephen Cashman & Jennifer Summers –
267 718 9659
racedirector@bvraceforautism.com

Highlights: Family Fun events – face painting, moon bounce, sand art, vendors, snack shack, DJ *parking on site with overflow at Middle Bucks Institute of Technology – shuttle buses provided

Benefits: Bucks County Autism Support Coalition (BCASC) is a non profit, volunteer organization, dedicated to helping individuals with Autism Spectrum Disorders become welcome and productive members of the community in which they live.

5 JOHNNY KING-MARINO presents the SERTOMA 5K

When: Wednesday May 13, 2009
Where: Doylestown – Bobby Simone's Restaurant
52 E. State Street, Doylestown

Registration: 5:00 pm to 6:45 pm
5K Race starts: 7:00 pm
Fun Run: 6:30 pm
Contact: Johnny King Marino, 215 345 8141 or JohnnyKing-Marino@yahoo.com or Abby Kelly,
office@advanceddoctors.com or Karen Jenei,
215 345 1066 or karenjenei@verizon.net

Highlights: One Free Beer, Glass of Wine (Must have picture ID) or Soda plus Pasta dinner

Benefits: Scholarships and assistance for children and adults with speech, hearing, and communication impairments.

6 DOYLESTOWN RED, WHITE & BLUE 5K

When: Saturday May 23, 2009
Where: Mt. Carmel Church Gym
225 E. Ashland St, Doylestown

Registration: Friday, May 22: 5:30 pm to 7:30 pm
Saturday, May 23: 7:20 am to 8:45 am

5K Run or walk: 9:00 am
Fun Run: 8:30 am (walk/run)
Contact: Margie Adamsky/DBCA, 215 340 9988
info@doylestownalliance.org
Jeanne Reiche/OLMC, 215 348 5907
jmreiche@yahoo.com

Highlights: Wear your red, white & blue! Bring the Family. Live Band, Rose's Cross! Prize Raffles! Award ceremony at Star Park

Benefits: Doylestown Business & Community Alliance, Bucks for Kids & Our Lady of Mount Carmel School

7 CHALFONT CHALLENGE

When: Saturday, June 6, 2009
Where: Chalfont Borough Hall
40 North Main St, Chalfont

Registration: 7:30 am to 8:45 am
5K Race starts: 9:00 am
Fun Run: 8:30 am
Contact: Marilyn Jacobson 215 822 8250
at mhjacobson@verizon.net or 215 822 7295

Highlights: 17th annual Chalfont Challenge in celebration of Chalfont's 108th birthday. Follow the signs to parking on Oak Ave.

Benefits: Chalfont's Parks & Trails Development Program

SERIES AWARDS WILL BE HANDED OUT AT THE CHALFONT RACE



APPLICATION FORM

You may also register at www.bucks5kseries.com
Register for all 7 races before March 14 and receive a discounted price plus a long sleeve moisture wicking 2009 Bucks 5K T-shirt.

FAMILY DISCOUNT
For immediate family members who pre-register by mail (only), the 5k fee will be reduced to \$10 each after the first two members. The applications must be combined and postmarked no less than 7 days before the race.

ENTRY FEES (per race)

All 7 races, postmarked before 3/14/09	\$125
5K - postmarked at least 7 days before the race	\$20
5K - postmarked after 7 days before race or on race day	\$25
5K - family discount described above	\$10
1 Mile Fun Run	\$5
2 mile Fitness Walks - register on day of walk only	\$5

Last Name		First Name	
Age on 6/6/09	Sex	Telephone	
Address			
City	State	Zip	

E-mail address _____
Mark races entered, subtotal, and total costs. Please pay total with one check payable to **Bucks 5k Series** and mail to **P.O. Box 421 Fountainville PA 18923**. One check covers all applications. No refunds are possible.

All 7 races	\$125	<input type="checkbox"/>	postmarked before 3/14/09	_____							
T Shirt Size:		<input type="checkbox"/>	S	<input type="checkbox"/>	M	<input type="checkbox"/>	X	<input type="checkbox"/>	XL	<input type="checkbox"/>	
		<input type="checkbox"/>	Pump & Run	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		<input type="checkbox"/>	5K \$20 before 7 days	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		<input type="checkbox"/>	5K \$25 within 7 days	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		<input type="checkbox"/>	5K \$10 family plan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		<input type="checkbox"/>	1 mile Fun Run \$5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		<input type="checkbox"/>	Additional Donation	_____	_____	_____	_____	_____	_____	_____	
		<input type="checkbox"/>	TOTAL	_____	_____	_____	_____	_____	_____	_____	
		<input type="checkbox"/>	CB Family YMCA	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		<input type="checkbox"/>	NH-Solebury	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		<input type="checkbox"/>	Lab Fitness + Spa	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		<input type="checkbox"/>	BV Trailblazer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		<input type="checkbox"/>	JK-M SERTOMA 5K	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		<input type="checkbox"/>	Doylestown 5K	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		<input type="checkbox"/>	Chalfont Challenge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Grand Total: _____
Each runner will be required to sign a waiver on race day. A parent's signature will be required for runners under the age of 18.