



Saint Francis University's Science Outreach Center

The mission of the Science Outreach Center at Saint Francis University is to develop relevant, effective, and systemic efforts to promote science, technology, engineering, and mathematics (STEM) in the community, increase the number of students pursuing an education in STEM fields, and support K-12 schools and their students in the areas of science, technology, engineering and mathematics.



Following the Solar 5K
EXPLORE THE STARS!
IN
THE PALUMBO PLANETARIUM!
LEARN MORE ABOUT
ASTRONOMY, PHYSICS,
AND SPACE EXPLORATION

Event Sponsors



1721 St. Joseph Street
Cresson, PA 16630



517 Vale Wood Road
Loretto, PA 15940

Would you like to be an event sponsor?

Please contact us at:
ScienceOutreach@francis.edu
814-472-3878



117 Evergreen Drive
Loretto, PA 15940

Solar 5K

Run / Walk

Saint Francis University's
Science Outreach Center
presents its

Sixth Annual Solar System 5K!

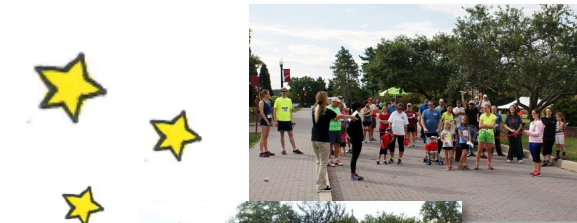


Saturday, September 21, 2019

Run and Walk at 8:30 AM



Loretto, PA



For more information, contact us at:

Dr. Lanika Ruzhitskaya | Director

ScienceOutreach@francis.edu

814-472-3878

www.francis.edu/science-outreach-center

Follow us on Facebook at:

www.facebook.com/SFUScienceOutreachCenter

www.facebook.com/Solar5K

Course Description

The course will begin on the mall in front of the Science Center. *Solar 5K* unifies health and natural sciences into one event. We scaled down the Solar System to five kilometers, so it is manageable for us to reach the boundaries of the Sun's domain. We will run or walk (or stroll) through the Solar System! As we run (walk), we will learn how the Sun generates energy in its core and how we use it on Earth. We will encounter planets and their moons, cross the Asteroid and Kuiper belts, meet asteroids and comets, and learn some tips from health specialists on how to stay healthy throughout our life journey.

Start Time for Runners/Walkers: 8:30 AM

Solar 5K includes a timed race, a solar viewing, awards, prizes, a raffle, brain-teasing games, hands-on activities for children and their parents, and lots and lots of fun information about our home, the Solar System!

Registration

Rate for Participants:

- **\$20** for adults (**\$15** for seniors age 60+)
- **\$15** for students (ages 7 to 24)
- **\$60** Family Deal (4 shirts but unlimited participants)
- **Free** for ages 6 and younger (but no shirt)

Shirt, science poster, and prize drawing ticket included in registration fee (t-shirt **not** included for children 6 years of age and younger).

****Participants registered on or before September 1, 2019, will receive t-shirts. Participants registered on or after September 2, 2019 will not receive t-shirts.**

Day of Race:

Registration will take place from 7:40 AM to 8:20 AM. Please park in the lot beside DeGol Field House.

T-Shirts

Shirts are not included for children 6 and younger but will be available to purchase for \$10.00.

Additional shirts for adults may be purchased for \$20.00. Please enclose additional t-shirt costs with application.

Race Packet Pick-Up

Prior to Race:

Packets will be available at the Science Center on Saint Francis University's campus in room 217 on September 19th from 1:00 PM-5:00 PM and September 20th from 9:00 AM-5:00 PM.

Day of Race:

Packets will be available at the registration table on the mall, near the clock tower, in front of the Science Center from 7:40 AM to 8:20 AM.

Solar 5K is a fundraising event aimed to support the STEM summer camps at Saint Francis University's Science Outreach Center.

Awards

Awards for 1st, 2nd, and 3rd place male and female runners will be given out in each age category at 9:30 AM.

Awards will go to the top three males and the top three females in the following age categories:

Children 13 and under, 14-19, 20-30, 31-40, 41-50, 51-60, 61+.

Award winners are asked to please remain for the awards ceremony as no awards will be mailed. Awards may, however, be picked up at the Science Center in room 218.

Prize Drawing

During this scientific 5K, we will learn fun facts and answer questions (optional) about celestial bodies and compete in physical fitness for a chance to win a prize at the finish line.

Three special prizes will be awarded to lucky participants: two who answer all (or most) questions correctly throughout the course and one raffle winner.

***NOTE:** No previous knowledge is needed to answer any questions. *Solar 5K* is about learning on the fly (or on the walk, or on the run).

Contact us via email at ScienceOutreach@francis.edu; by phone at 814-472-3878; or visit us at www.francis.edu/science-outreach-center. Follow us on Facebook at www.facebook.com/Solar5K.

Solar 5K Registration Form

Access the registration form online at www.francis.edu/science-outreach-center/Solar5K

or

Mail this completed form to:

Saint Francis University
Science Outreach Center
P.O. Box 600
Loretto, PA 15940

Please Print:

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: (_____) _____

Email: _____

Age on September 21, 2019: _____

Sex: ☐ Male ☐ Female

T-Shirt Size: ☐ YS ☐ YM ☐ YL ☐ S ☐ M ☐ L
☐ XL ☐ XXL

Race: ☐ 5K Run ☐ 5K Walk

Payment Information:

Cash or Checks accepted. **Credit Cards accepted via online registration at www.francis.edu/science-outreach-center/Solar5K**

(Checks made payable to Saint Francis University)

Amount Enclosed: _____

Waiver: In submitting this entry, I, intending to be legally bound for myself, my heirs, executors and administrators, waive, release, and forever discharge the Science Outreach Center, Saint Francis University, and all event sponsors, event volunteers and workers and their offices, directors, agents, successors, and or assigns for any and all injuries suffered by me at this event. I attest that I am physically fit and prepared for this event. I agree that SFU is not responsible for any of my medical or medication needs. I authorize the leaders of this activity to take whatever actions they believe are most appropriate regarding my health and safety in the event of an emergency. This includes placing me, at my own expense, in hospital or other health care facility, if that is deemed medically necessary. I acknowledge and understand that SFU assumes no liability whatsoever for any loss, damage, destruction, theft or the like to my personal belongings. I understand that I may be photographed and agree to allow my photo, video, or film likeness to be used for legitimate purposes by any of the aforementioned parties.

Signature: _____

Parent/Guardian if under 18

Date: _____

****All participants must complete an application**

****Copy this form as necessary per applicant**