

Date: September 15, 2019
Location: Pocono Mountain West High School
Check in: Begins at 7am until 8:30am
Race Start: 9am

Facebook:

<https://www.facebook.com/groups/pantherpounce/>

Remind: www.remind.com/join/2019pounce

Contact: Coach Bri Palazzi - Race Director

Email: pantherpounce@pmsd.org



Race History

Jeaneane Pavlicka was a bubbly cheerleader at Pocono Mountain West High School. She was diagnosed with a brain tumor in 2008. In April 2009, Jeaneane passed away. She was a former student of TEC and the staff wanted to join together and provide support for Jeaneane's family. Eric Argot and the TEC family decided to organize the first ever Panther Pounce.

The Panther Pounce 5k and 1 mile fun run was successful in providing a means to continue Jeaneane's memory. Each year a scholarship has been awarded to a graduating senior from Pocono Mountain West High School.

This year's run will mark the 11th anniversary of this race. We would like to continue with the tradition of donating to the *Jeaneane Pavlicka Scholarship*. Additionally, some of our proceeds raised will also be donated in support to the *ThinkBig Foundation*. The ThinkBig Foundation focuses on providing financial support to our neighbors. At ThinkBIG, they define their neighbors as the families of children who are diagnosed with cancer and treated at Geisinger Janet Weis Children's Hospital. Please visit their website -- <http://www.thinkbigpa.org/>



Race Divisions

Individual Runners: These divisions will be for runners of all ages. Awards (1st-3rd place male/female) will be based on the following age groups:

- **Fun Run** 5 years and under
6-7 years old
8-9 years old
10-12 years old

- **5k Race**
 - 10 years and under
 - 11-12 years old
 - 13-14 years old
 - 15-16 years old
 - 17-18 years old
 - 19-24 years old
 - 25-29 years old
 - 30-39 years old
 - 40-49 years old
 - 50-59 years old
 - 60-69 years old
 - 70 and over

Individual/Age Groups Race Pricing

Prices and Information - Please read and adhere to the follow deadlines for pricing.
Prices will increase the following day.

\$25 -- 5k Race (All Others) **Before August 23rd**

\$15 -- 5k Race -- (PMSD Student) **Before August 23rd**

\$10* -- 5k Race -- (Girls on the Run members only) **Before August 23rd**

\$10 -- 1 mile Fun Run **Before August 23rd**

\$30 -- 5k Race (All Others) **After August 23rd** (cannot guarantee tshirt or size)

\$20 -- 5k Race -- (PMSD Student) **After August 23rd** (cannot guarantee tshirt or size)

\$15 -- 1 mile Fun Run **After August 23rd** (cannot guarantee tshirt or size)

*GOTR members must register and pay prior to August 23rd or must pay PMSD Student price

\$35 -- 5k Race (All Others) **On Race Day** (Sept. 15th) (cannot guarantee tshirt or size)

\$25 -- 5k Race -- (PMSD Student) **On Race Day** (Sept. 15th) (cannot guarantee tshirt or size)

\$20 -- 1 mile Fun Run **On Race Day** (Sept. 15th) (cannot guarantee tshirt or size)

*GOTR members must register and pay prior to August 23rd or must pay PMSD Student price

Click here to Register ➔ [**2019 Panther Pounce Registration**](#)

*One registration per runner and all registrations must be completed online

check or money orders accepted (Pay to the Order of **PMW - Cross Country ([Panther Pounce in Memo](#)) or PayPal ([paypal.me/PantherPounce](https://www.paypal.me/PantherPounce)) or click on link <https://www.paypal.me/PantherPounce>

Please select "Friends & Family" - We don't want to be faced with unnecessary fees.

***race day registration will be available - includes increased fees (day of payments must be cash or money orders only)

Registered athletes will receive a Yellow Awareness Ribbon Tote FREE!

(15" x 17" with 14" handles) while supplies last.



Please submit your payment (check or money order) or PayPal

(paypal.me/PantherPounce) (friends & family) to:

Pocono Mountain West High School
Panther Pounce
c/o Bri Palazzi, West XC/Track & Field
181 Panther Lane
Pocono Summit, PA 18346

Additional donations will also be accepted prior to or at the race. Please contact pantherpounce@pmsd.org.

Meet information and maps will be sent out nearing the race. Please make sure your email is accurate on your registration!! Direct all questions to Coach Bri Palazzi at pantherpounce@pmsd.org