



2018 Panther Pounce

Date: June 2nd, 2018
Location: Pocono Mountain West High School

Check in: Begins at 7am
Race Start: 9am

Facebook: <https://www.facebook.com/groups/pantherpounce/>
Remind: <https://www.remind.com/join/2018pounce>
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 come 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 10th 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

We will offer 2 separate divisions for participants this year. *You will not be able to participate in both divisions. You must choose one or the other.

1. The first division will be for the individual runner. 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

2. The second division will be new this year. The PMW sports, athletics and clubs division, will be a school wide competition between our athletic teams and clubs. Each sports team or club will have the opportunity to run representing their PMWHS or WJHS team or club. Each team will be required to have AT LEAST 5 members on their team in order to participate in this division. Each member must be a current, upstanding member on the School Team/Club (for the 2017-2018 season). Teams will be scored using Cross Country Scoring Rules. The winning team will be presented a trophy, that will be updated with the winner annually and of course, bragging rights!!

- **5k Race** Cross Country Scoring Rules (must have 5 runners cross the finish line)
1st place team award and team individual awards
2nd place team individual awards
3rd place team individual awards

#1 -- Individual/Age Group Division

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

\$20 -- 5k Race (All Others) **Before May 18th**

\$15 -- 5k Race -- (PMSD Student) **Before May 18th**

\$10 -- 1 mile Fun Run **Before May 18th**

\$25 -- 5k Race (All Others) **After May 18th** (cannot guarantee tshirt size)

\$20 -- 5k Race -- (PMSD Student) **After May 18th** (cannot guarantee tshirt size)

\$15 -- 1 mile Fun Run **After May 18th** (cannot guarantee tshirt size)

\$30 -- 5k Race (All Others) **On Race Day** (June 2nd) (cannot guarantee tshirt or size)

\$25 -- 5k Race -- (PMSD Student) **On Race Day** (June 2nd) (cannot guarantee tshirt or size)

\$20 -- 1 mile Fun Run **On Race Day** (June 2nd) (cannot guarantee tshirt or size)

#2 -- Sports/Team Division

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

\$10 per athlete (**must have minimum of 5 runners on team for discounted price**)

-- 5k Race (WJHS or WHS Student) Before May 18th

\$15 per athlete (**must have minimum of 5 runners on team for discounted price**)

-- 5k Race (WJHS or WHS Student) After May 18th (cannot guarantee tshirt size)

\$20 per athlete (**must have minimum of 5 runners on team for discounted price**)

-- 5k Race (WJHS or WHS Student) On Race Day (June 2nd) (cannot guarantee tshirt or size)

2018 Panther Pounce Registration

*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)

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

**First 150 registered will receive this
Yellow Awareness Ribbon Tote FREE!**

(15" x 17" with 14" handles)



**Please submit your payment (check or money order) or PayPal
(paypal.me/PantherPounce) to:**

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

*You will get an electronic receipt via email when payment is received.

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