

## Freeport Flash 5K Run / Walk

Saturday June 1, 2013  
9:00 a.m.

"Speed is a gift,  
endurance is an  
achievement."



Proceeds benefit  
the Freeport H.S  
Cross Country  
Team

[www.freeportcrosscountry.com](http://www.freeportcrosscountry.com)

Email questions: [n3wav@aol.com](mailto:n3wav@aol.com)

Freeport Flash 5K Run / Walk  
Robert Livrone  
116 Arizona Dr.  
Lower Burrell, PA 15068

## *Freeport Flash 5K Run / Walk*

Saturday  
June 1<sup>st</sup>, 2013  
9:00 AM



*Course located on the beautiful  
"Rails to Trails" along Buffalo Creek*

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**Proceeds benefit the  
Freeport High School  
Cross Country Team**



# Freeport Flash 5K Run / Walk

Saturday June 1, 2013 9:00 AM  
Registration 7:30 - 8:30 AM

**COURSE:** Flat, Fast & Fun 5K out and back course located on the beautiful **Rails to Trails** along Buffalo Creek in Buffalo Twp.

**AWARDS:** Top 3 men; Top 3 women; Top 3 men and women in the following age groups  
Under 12, 12-15, 16-19, 20-24, 25-29, 30-39, 40-49, 50-59, 60-69, 70 and up. No duplicate awards.

**COURSE RECORD AWARD:** \$50 TO MALE AND/OR FEMALE THAT SETS A NEW COURSE RECORD!

*Current Records: Male-16:37.0 Female-19:16.5*

**START/FINISH:** Intersection of Monroe Road & Butler-Freeport Community Trail, Buffalo Township

**Directions:**

**From Pittsburgh / Kitanning** – Take Rt. 28 to exit 17 (Butler/Freeport). Take Rt. 356 North less than 1 mile to intersection with Monroe Road (at Getgo & Sheetz stations). Right on Monroe Road, drive 1 mile to Oregon camp on left (parking & registration).

**From Butler** – Rt. 356 South to intersection with Monroe Road (at Getgo & Sheetz stations). Left on Monroe Road, drive 1 mile to Oregon camp on left (parking & registration).

..... Detach Here .....

Mail Application and Check to:

Robert Livrone, 116 Arizona Dr., Lower Burrell, PA 15068

DO NOT mail applications after May 18, 2013. Bring application to the race.

Race day registrations will be accepted until 8:30. Please arrive early.

Any questions please send an email to [r3way@aol.com](mailto:r3way@aol.com). Put 'Freeport Flash 5k' on Subject line

NAME-\_\_\_\_\_ SEX: M F AGE ON JUNE 1, 2013-\_\_\_\_\_

EMAIL-(optional)\_\_\_\_\_ T-SHIRT SIZE- S M L XL XXL

ADDRESS-\_\_\_\_\_ PHONE-\_\_\_\_\_

CITY, STATE, ZIP-\_\_\_\_\_

\$\_\_\_\_\_ -ENTRY FEE-\$15.00 (ages 17-59)-Postmarked on or before 5/18/13 = Guaranteed T-shirt

\$\_\_\_\_\_ -ENTRY FEE-\$10.00 (16 and under or 60 and up)-Postmarked on or before 5/18/13 = Guaranteed T-Shirt

\$\_\_\_\_\_ -FAMILY ENTRY FEE-\$35.00-(Parents and minor children) before 5/18/13 = Guaranteed T-shirts

NAME-\_\_\_\_\_ SEX: M F SHIRT SIZE\_\_\_\_\_ AGE ON JUNE 1, 2013-\_\_\_\_\_

NAME-\_\_\_\_\_ SEX: M F SHIRT SIZE\_\_\_\_\_ AGE ON JUNE 1, 2013-\_\_\_\_\_

NAME-\_\_\_\_\_ SEX: M F SHIRT SIZE\_\_\_\_\_ AGE ON JUNE 1, 2013-\_\_\_\_\_

NAME-\_\_\_\_\_ SEX: M F SHIRT SIZE\_\_\_\_\_ AGE ON JUNE 1, 2013-\_\_\_\_\_

\$\_\_\_\_\_ -Optional donation to Freeport Cross-Country

\$\_\_\_\_\_ -TOTAL-Make check payable to **FREEPORT CROSS-COUNTRY BOOSTERS'**

**Race Day Registration:** Add \$5.00 to above fees / No Guaranteed T-Shirts / T-Shirts while supplies last

**Waiver to be Signed at Race Day Registration:** I hereby for myself or my executors release Freeport Area School District; Freeport Area Cross Country Boosters; Race Committee; Buffalo Township; County of Butler; Butler – Freeport Rails to Trails, and all sponsors from all claims of injury, damage and courses of action whatsoever growing out of my participation in this race, and hereby certify that I am physically fit to participate in this race.

\*\*\* Participants under the age of 18 will be required to have a parent or guardian sign the waiver at registration on race day. \*\*\*