



# HERO DASH & SPLASH

## 5k Trail Run & Walk

### Saturday, April 22, 2017



Times:           Registration for runners 8:00 a.m.  
                   Registration for walkers 8:30 a.m.  
                   5K Run - 10:00 a.m.  
                   5K Walk – 10:30 a.m.  
                   Awards Immediately Following

5K Run:         \$30.00 (by April 15<sup>th</sup>)  
                   \$35.00 (late registration)

5K Walk:        \$25.00 (by April 15<sup>th</sup>)  
                   \$30.00 (late registration)

Course Description: This course will be thru the woods via a well-marked trail. Registration and course starts Two Mile Run County Park – Pioneer Flats Pavilion, 471 Beach Rd, Franklin, PA 16323. Timing will be done by Miles of Smiles Race Timing. You may sign up by filling out the registration below or go to [runsignup.com](http://runsignup.com).

Questions: [dbaker@sugarcreekborough.us](mailto:dbaker@sugarcreekborough.us)

Please detach and send registration form with cash or check to:

Lt. Darin Baker, 212 Fox St., Franklin, PA 16323

**\*\*Make Check payable to: Rocky Grove Volunteer Fire Department**

Name: \_\_\_\_\_ Age (on race day): \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

Please Circle One:       5K Run                               5K Walk

T-Shirts:       (Adult Sizes):       S     M     L     XL     XXL

                  (Kids):                    S     M     L     XL

Mark One: \_\_\_\_\_ Male   \_\_\_\_\_ Female

Runners assume all responsibility for their well-being and not the organizers, sponsors, or race officials. If under 18, signature of parent or guardian is required.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

***\*late registration cannot be guaranteed a 2017 Race Shirt***