

# 6<sup>th</sup> Annual Event Announcement!

**Heart & Sole**  
**2 Options--**



**5K Run / 5 M Bike**  
**or 5K Run/Walk**

...in conjunction with

*the 2017 Armstrong County Labor Day Weekend Extravaganza & Parade  
in Ford City, hosted by The Ford City Renaissance Community Partnership, Inc.*



**Pumping blood back into the streets**  
**Saturday, August 26, 2017**



*Miles of Smiles Timing Service: Chip-Timed Event*

**Race Day:**

**Registration: 6:30 AM—7:30 AM**

**Opening Ceremonies: 7:30 AM**

**Warm-Up Session: 7:45 AM**

**5K Run / 5 Mile Bike Duathlon Start**

**Or 5K Run / Walk: 8:00 AM**

**(\*3<sup>rd</sup> Avenue and 10<sup>th</sup> Street, Ford City Start—*flat, certified course*)**

**Awards: Top 3 Teams; Top 3 Male Finishers; Top 3 Female Finishers; Top 3 Finishers in each age category (no duplications)-- Age Groups: 14 and under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70 and over**

***\*Hi-Performance Event Shirt “guaranteed” to pre-registrants only...until August 12<sup>th</sup>***

**\*Individual or Team (of 2) Registrations available for  
5K Run/5M Bike Option**

***Thank you for your support  
—of this community focused group!***

Online Registration available via Active.com: <http://www.active.com//ford-city-pa/running/distance-running-races/heart-and-sole-ford-city-2-event-option-5-k-run-5-mile-bike-duathlon-or-5-k-run-walk-2017>

For additional info or registration form, please contact:

Race Director: Email: [fcrcpcares@gmail.com](mailto:fcrcpcares@gmail.com) or Phone: 724-763-3974