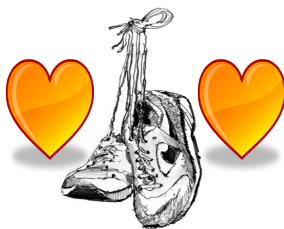


# Heart & Sole 2 Options---



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

## Saturday, August 26, 2017

—flat, certified course...

Miles of Smiles Timing Service: Chip-Timed Event

Event Day Registration: 6:30 AM—7:30 AM

\*\*Opening Ceremonies\*\*7:30 AM; \*\*Warm-Up Session\*\*7:45 AM

\*\*Event Start\*\*8:00 AM (\*10<sup>th</sup> Street & Third Avenue, Ford City-- Start/Finish)



First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_  
 Home Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Email: \_\_\_\_\_

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

--Please Circle:

“Hi-Performance” Shirt Size Selection- Youth: S M L XL  
 \*\*guaranteed\*\*to pre-registrants to August 13th Adult: S M L XL XXL

Gender: Male \_\_\_\_\_; Female: \_\_\_\_\_

\*\*No specific age requirement Age as of Event Date (August 26<sup>th</sup>, 2017): \_\_\_\_\_

### Registration Type (1): 5K Run/Walk Event Only.....Please check appropriate areas...

\*Individual Runner \_\_\_ \*Walker \_\_\_ until August 12<sup>th</sup> \_\_\_ Registration Fee: \$20.00 \_\_\_

\*Individual Runner \_\_\_ \*Walker \_\_\_ Aug.13<sup>th</sup> to Aug.26<sup>th</sup> \_\_\_ Registration Fee: \$25.00 \_\_\_

### Registration Type (2): 5K Run/5M Bike Event.....Please check appropriate areas...

\*Individual Runner/Biker \_\_\_ until August 12<sup>th</sup> \_\_\_ Registration Fee: \$20.00 \_\_\_

\*Individual Runner/Biker \_\_\_ Aug.13<sup>th</sup> to Aug.26<sup>th</sup> \_\_\_ Registration Fee: \$25.00 \_\_\_

\*Team (of 2) until August 12<sup>th</sup> \_\_\_ Registration Fee: \$35.00 \_\_\_

\*Team (of 2) August 13<sup>th</sup> through August 26<sup>th</sup> \_\_\_ Registration Fee: \$45.00 \_\_\_

\*Team----List Name of Team & Members---Separate Entry Info and Waivers Required---

Team: \_\_\_\_\_ Members: \_\_\_\_\_;

\*Check Payable to FCRCP, Inc.--Please mail completed form, signed waiver, and fee to:

Ford City Renaissance Community Partnership, Inc.

Attn.: Race Director

P.O. Box 124

Ford City, PA 16226

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 questions, please contact...

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