

7th ANNUAL CHARITY SPORT EVENT

...A race to benefit the FCRCP community organization...

# Heart & Sole

5K RUN/WALK  
OR--5K RUN/  
5 MILE BIKE  
DUATHLON



**SUNDAY, SEPT. 30TH**

—flat, certified course...  
Miles of Smiles Timing Service:  
Chip-Timed Event

Event Day Registration: 7:00 AM—8:00 AM  
\*\*Opening Ceremonies\*\*8:00 AM;  
\*\*Warm-Up Session\*\*8:15 AM  
\*\*Event Start\*\*8:30 AM (Corner of  
10<sup>th</sup> Street & Third Avenue, Ford City, PA)

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

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

--Please Circle: "Hi-Performance" Shirt Size Selection- Youth: S M L XL  
\*\*guaranteed\*\*to pre-registrants to Sept. 17<sup>th</sup> Adult: S M L XL XXL

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

\*\*No specific age requirement Age as of Event Date (September 30<sup>th</sup>, 2018): \_\_\_\_\_

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

\*Individual Runner \_\_\_ \*Walker \_\_\_ until September 17<sup>th</sup> \_\_\_ Registration Fee: \$20.00 \_\_\_

\*Individual Runner \_\_\_ \*Walker \_\_\_ Sept. 17<sup>th</sup> to Sept. 30<sup>th</sup> \_\_\_ Registration Fee: \$25.00 \_\_\_

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

\*Individual Runner/Biker \_\_\_ until September 17<sup>th</sup> \_\_\_ Registration Fee: \$20.00 \_\_\_

\*Individual Runner/Biker \_\_\_ Sept. 17<sup>th</sup> to Sept. 30<sup>th</sup> \_\_\_ Registration Fee: \$25.00 \_\_\_

\*Team (of 2) until September 17<sup>th</sup> \_\_\_ Registration Fee: \$35.00 \_\_\_

\*Team (of 2) Sept. 17<sup>th</sup> through Sept. 30<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 or Runsignup.com

For additional info or questions, please contact...

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