

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

Heart & Sole

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

Chip-Timed event...
Event Day Registration: 8-9 AM
Opening Ceremonies: 9 AM
Warm-Up Session: 9:15 AM



SATURDAY, OCTOBER 26TH

—flat, certified course...

Miles of Smiles Timing Service:

Chip-Timed Event

Event Day Registration: 8:00 AM—9:00 AM

****Opening Ceremonies**9:00 AM;**

****Warm-Up Session**9:15 AM**

****Event Start**9:30 AM (Corner of
10th 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 August 30th h** Adult: S M L XL XXL

Gender: Male _____; Female: _____

****No specific age requirement**

Age as of Event Date (October 26th, 2019): _____

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

*Individual Runner _____ *Walker _____ through October 12th _____ Registration Fee: \$20.00 _____

*Individual Runner _____ *Walker _____ Oct. 13th to Oct. 26th _____ Registration Fee: \$25.00 _____

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

*Individual Runner/Biker _____ until October 12th _____ Registration Fee: \$20.00 _____

*Individual Runner/Biker _____ Oct. 13th to Oct. 26th _____ Registration Fee: \$25.00 _____

*Team (of 2) through October 12th _____ Registration Fee: \$35.00 _____

*Team (of 2) Oct. 13th through Oct. 26th _____ 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 or Phone: 724-763-3974