



# 32nd ANNUAL FOOL'S RUN 10K

First leg of the Indiana County Triple Crown  
6.2 Mile Course Begins & Ends at S&T Bank Arena

# FOOL'S 3-MILE WALK

Saturday, April 3, 2010 – 10:00 AM, Indiana, PA



Sanctioned: Run Only

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SPONSORED BY

**S&T Bank Indiana Regional Medical Center**

CONDUCTED BY

**Indiana Road Runners Club**

**For Safety Reasons: Course Will Be Closed by 11:30 a.m.  
For Insurance Reasons: No Baby Strollers, Dogs or Roller Blades**

## REGISTRATION INFORMATION

### Pre-Register by March 22, 2010

**Fee** - \$14.00, Quality shirt guaranteed to 1st 150 pre-registered Runners and Walkers  
\$16.00 after March 22, 2010

### Race Day Registration

S&T Bank Arena, 497 East Pike,  
Indiana, PA  
8:00 a.m. (Look for signs)

## AWARDS: RUNNERS

### Men (No Duplicates)

Top 5 Overall  
Top 3 Each Age Group: 15 & Under, 16-19, 20-24, 25-29,  
30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+  
Top Master Overall

### Women (No Duplicates)

Top 5 Overall  
Top 3 Each Age Group: 15 & Under, 16-19, 20-24, 25-29,  
30-34, 35-39, 40-44, 45-49, 50-54, 55+  
Top Master Overall

### AWARDS: FUN WALK--Top 3 Men and Top 3 Women Overall

Awards and shirts cannot be mailed. Must be present or have a delegate pick up

## RACE FEATURES

Fast Course Rolling Hills Midway • 2 Water Stations on Course • Post Race Refreshments • High Quality Shirt, courtesy of S&T Bank and Indiana Regional Medical Center • Showers Available at S&T Bank Arena (Bring Gear) • Professional Finish Line & Timing • Splits Each Mile • Information (724) 349-1354 or 349-0501 after 6:00 p.m. or e-mail: [jswauger@comcast.net](mailto:jswauger@comcast.net) Contact John Swauger at 724-465-8262 or email: [jswauger@comcast.net](mailto:jswauger@comcast.net) for IRRCA membership information

**Triple Crown Races: must run 3 of 5 races**  
**Fool's Run 10K, Saturday, 4/3/10**  
**Hoodlebug 5K, Sunday, 7/11/10**  
**Citizens 5K, Saturday, 7/17/10**  
**Run With The Deer Flies 15K/25K,**  
**Sunday, 7/25/10**  
**Run For The Trail 7K,**  
**Sunday, 8/15/10**

## RACE RESULTS AT WWW.INDIANAROADRUNNERS.COM

I HEREBY WAIVE AND RELEASE ALL RIGHTS FOR CLAIMS OR DAMAGES OR SUIT I MAY HAVE AGAINST S&T BANK ARENA, WHITE TOWNSHIP, INDIANA ROAD RUNNERS CLUB (IRRC) AND ANY OTHER OFFICIALS AND SPONSORS OF THE FOOL'S RUN AND WALK TO BE HELD APRIL 3, 2010 IN INDIANA, PA.

**SIGNED** \_\_\_\_\_ (include parent if under 18)

**NAME** \_\_\_\_\_ **PHONE** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_ **CITY** \_\_\_\_\_ **STATE** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**BIRTHDATE** \_\_\_\_/\_\_\_\_/\_\_\_\_ **AGE RACE DAY** \_\_\_\_\_ **SEX** \_\_\_\_\_ **E-MAIL** \_\_\_\_\_

10K     3- Mile Walk    **Shirt Sizes**    S \_\_\_\_ M \_\_\_\_ L \_\_\_\_ XL \_\_\_\_

**MAKE CHECKS (non-refundable)**

**PAYABLE TO "FOOL'S RUN"**

**ENCLOSED**

\$14.00 by March 22, 2010

\$16.00 after March 22, 2010

**MAIL TO: Fool's Run**

522 Locust Street

Indiana, PA 15701

724- 349-1354

**APPLICATIONS COURTESY OF GAZETTE PRINTERS**