

# Freeport Flash 5K Run / Walk

Saturday June 5, 2010 9:00 AM

Registration 7:30 - 8:30 AM

**COURSE:** Flat, Fast(er) & Fun 5K out and back course located on the beautiful Rails to Trails along Buffalo Creek in Sarver, PA

**AWARDS:** Top 3 men; Top 3 women; Top 3 men and women in the following age groups  
Under 12, 12-15, 16-19, 20-24, 25-29, 30-39, 40-49, 50-59, 60-69, 70 and up. No duplicate awards.

**Course Record Award:** \$50 GIFT CARD TO MALE AND/OR FEMALE THAT SETS A NEW COURSE RECORD!

Current Records: Male-17:16.6 Female-19:40.1

## DIRECTONS:

**From Pittsburgh** – take Rt. 28 to exit 17 (Butler/Freeport). Take Rt. 356 North toward Butler. Travel North on Rt. 356 three miles and make a right at light on Sarver Road. Pass elementary school on the right continue to the Buffalo Twp fire hall on the left (Registration and start of race).

**From Butler** – Rt. 356 South pass Lernerville Speedway then turn left at light Sarver Rd. Continue 1 mile to Buffalo Twp fire hall on left (Registration and start of race).

..... Detach Here .....

Mail Application and Check to:

Robert Livrone, 116 Arizona Dr., Lower Burrell, PA 15068

DO NOT mail applications after May 24. Bring application to the race.

Registrations will be accepted until 8:30. Please arrive early.

NAME-\_\_\_\_\_ SEX: M F AGE ON JUNE 5, 2010-\_\_\_\_\_

EMAIL-\_\_\_\_\_ T-SHIRT SIZE- S M L XL XXL

ADDRESS-\_\_\_\_\_ PHONE-\_\_\_\_\_

CITY, STATE, ZIP-\_\_\_\_\_ CELL-\_\_\_\_\_

\$\_\_\_\_\_ -ENTRY FEE-\$15.00 (17-59)-Postmarked on or before 5/24/10 = Guaranteed T-shirt

\$\_\_\_\_\_ -ENTRY FEE-\$10.00 (16 and under or 60 and up)-Postmarked on or before 5/24/10 = Guaranteed T-Shirt

\$\_\_\_\_\_ -FAMILY ENTRY FEE-\$35.00-(Parents and minor children) Before 5/24/10 = Guaranteed T-shirts

NAME-\_\_\_\_\_ SEX: M F SHIRT SIZE \_\_\_\_\_ AGE ON JUNE 5, 2010-\_\_\_\_\_

NAME-\_\_\_\_\_ SEX: M F SHIRT SIZE \_\_\_\_\_ AGE ON JUNE 5, 2010-\_\_\_\_\_

NAME-\_\_\_\_\_ SEX: M F SHIRT SIZE \_\_\_\_\_ AGE ON JUNE 5, 2010-\_\_\_\_\_

NAME-\_\_\_\_\_ SEX: M F SHIRT SIZE \_\_\_\_\_ AGE ON JUNE 5, 2010-\_\_\_\_\_

\$\_\_\_\_\_ -LATE FEE-\$5.00-Registration on Race Day—No Guaranteed T-shirt. T-shirts while supplies last.

\$\_\_\_\_\_ -Optional donation to Freeport Cross-Country

\$\_\_\_\_\_ -TOTAL-Make check payable to 'FREEPORT CROSS-COUNTRY BOOSTERS'

**Waiver to be Signed at Race Day Registration:** I hereby for myself or my executors release Freeport Area School District; Freeport Area Cross Country Boosters; Race Committee; Buffalo Township; County of Butler; Butler – Freeport Rails to Trails, and all sponsors from all claims of injury, damage and courses of action whatsoever growing out of my participation in this race, and hereby certify that I am physically fit to participate in this race.

\*\*\* Participants under the age of 18 will be required to have a parent or guardian sign the waiver at registration on race day. \*\*\*