

Freeport Flash 5K Run / Walk

Saturday June 2, 2012 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-16:37.0 Female-19:16.5

START/FINISH: Intersection of Monroe Road & Butler-Freeport Community Trail, Buffalo Township

Directions:

From Pittsburgh / Kittanning – Take Rt. 28 to exit 17 (Butler/Freeport). Take Rt. 356 North less than 1 mile to intersection with Monroe Road (at Getgo & Sheetz stations). Right on Monroe Road, drive 1 mile to Oregon camp on left (parking & registration).

From Butler – Rt. 356 South to intersection with Monroe Road (at Getgo & Sheetz stations). Left on Monroe Road, drive 1 mile to Oregon camp on left (parking & registration).

..... Detach Here

Mail Application and Check to:

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

DO NOT mail applications after May 21. Bring application to the race.

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

Any questions please send an email to n3wav@aol.com. Put 'Freeport Flash 5k' on Subject line

NAME-_____ SEX: M F AGE ON JUNE 2, 2012-_____

EMAIL-(please print clearly)_____ T-SHIRT SIZE- S M L XL XXL

May we send you a reminder about next year's race by email? ___Yes ___No, thanks

ADDRESS-_____ PHONE-_____

CITY, STATE, ZIP-_____ CELL-_____

\$_____ -ENTRY FEE-\$15.00 (ages 17-59)-Postmarked on or before 5/21/12 = Guaranteed T-shirt

\$_____ -ENTRY FEE-\$10.00 (16 and under or 60 and up)-Postmarked on or before 5/21/12 = Guaranteed T-Shirt

\$_____ -FAMILY ENTRY FEE-\$35.00-(Parents and minor children) before 5/21/12 = Guaranteed T-shirts

NAME-_____ SEX: M F SHIRT SIZE _____ AGE ON JUNE 2, 2012-_____

NAME-_____ SEX: M F SHIRT SIZE _____ AGE ON JUNE 2, 2012-_____

NAME-_____ SEX: M F SHIRT SIZE _____ AGE ON JUNE 2, 2012-_____

NAME-_____ SEX: M F SHIRT SIZE _____ AGE ON JUNE 2, 2012-_____

\$_____ -Optional donation to Freeport Cross-Country

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

Race Day Registration: Add \$5.00 to above fees / No Guaranteed T-Shirts / T-Shirts while supplies last

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. ***