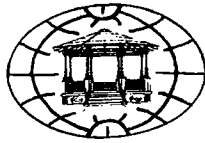


21<sup>st</sup>  
Anniversary



Ford City Area  
Heritage Days

www.fordcityheritagedays.com

SATURDAY  
JULY 4<sup>TH</sup>  
9:00 AM

# 5K (RUN AND/OR WALK)

527 REGISTRANTS LAST YEAR

**LOCATION:** Ford City Borough Park, 900 4th Avenue, Ford City, PA (Armstrong County)  
Take Ford City exit off Route 28 (Allegheny Expressway) 40 miles north of Pittsburgh

**COURSE:** 5,000 Meters (3.1 Miles) — USA Certified — Flat course

**AGE GROUPS:** 11 & under, 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+

**AWARDS:** Awards to top 3 male finishers, Awards to top 3 female finishers, Awards to top 3 finishers in each age group (no duplications)

**GENERAL:** Digital overhead clock display and timings by **RUNNER'S HIGH**. Post-race fruit by **ANDY'S MARKET**, and a dairy product treat furnished by **MARBURGER DAIRY**

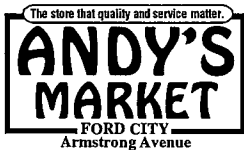
**SPONSORS:** **ANDY'S MARKET, ARMSTRONG COUNTY BUILDING AND LOAN ASSOCIATION, MARBURGER DAIRY, S & T BANK, NEIGHBORLY KLINGENSMITHS DRUG STORES,** and Magisterial District Judge J. Gary DeComo

**WALKERS:** Walking for health and fitness is very popular today. We welcome and support walkers of all fitness levels and ages to participate in this event. Awards will not be presented to walkers, but all walkers do receive a T-shirt.

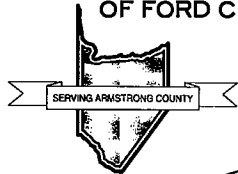


*This 5K event is part of an annual 6 day Ford City Area Heritage Days celebration.*

*Approximately 40 craft booths and 35 different ethnic food booths are located in the Ford City Borough Park.*



**ARMSTRONG COUNTY**  
BUILDING AND LOAN ASSOCIATION  
OF FORD CITY, PENNSYLVANIA



935 FIFTH AVENUE  
P.O. BOX 271  
FORD CITY, PA 16226  
(724) 763-7137



Certified by:  
Road Race  
Technical  
Committee

Magisterial District Judge  
**J. Gary DeComo**



313 FORD ST., 4TH AVE., FORD CITY, PA  
WE DELIVER PH (724) 763-1201

Detach and mail

➔ **PLEASE PRINT**

## REGISTRATION FORM

FORD CITY AREA HERITAGE DAYS 5K RUN/WALK

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

AGE \_\_\_\_\_ SEX \_\_\_\_\_ PHONE \_\_\_\_\_

➔ Please **circle** T-shirt size: S M L XL XXL

Pre-registration fee is \$13.00 for all applications received before July 2nd.

Late registration fee is \$15.00.

Pre-registered are guaranteed to receive a T-shirt.

**Make check payable to:** Race Director, James Solak

**Mail to:** Race Director, P.O. Box 205, Ford City, PA 16226

Registration will also be available Tuesday, June 30th thru Friday, July 3rd in the Ford City Borough Park from 7:00 P.M. to 11:00 P.M. This is to enable Local Participants to register so as to avoid the high number of late registrations that take place every year, the morning of the race. **Please Note** late registrants **will be accepted** the morning of the race from 7:00 A.M. to 8:45 A.M.

**Waiver:** In Consideration of the acceptance of this entry, I waive for myself, my heirs, and assigns, all claims for damages which I might have against the race, its sponsors, or any other organization, business, or individual as a result of any and all injuries which might be received during the contest. I also release any photos that may involve myself.

➔ As you participate this year you will receive at the registration table, a numbered computer chip and a locking device that you will attach to your shoestring. When crossing a Sensing Mat placed at the finish line, your time will automatically be recorded. Before you exit the finish line area, you must return the computer chip to a 5K Staff Member, as the replacement cost of each chip is \$35.

➔ **Signature Required** \_\_\_\_\_ \*\*\*Parent must also sign if runner is under 18 years. \_\_\_\_\_