

# Cresson Area Heritage Days 5K Run

Sunday, May 16, 2010– 8:30 A.M.

JOIN US IN THIS TIMED RACE IN CELEBRATION OF CRESSON AREA HERITAGE DAYS

THERE WILL BE AWARDS FOR 1<sup>ST</sup>, 2<sup>ND</sup> AND 3<sup>RD</sup> PLACE FINISHERS, MALE & FEMALE, OVERALL AND IN EACH AGE GROUP.

ALL RUNNERS WHO REGISTER BEFORE APRIL 25 ARE GUARANTEED A T-SHIRT. DAY OF RACE REGISTRATION DEPENDS UPON AVAILABILITY OF SHIRTS.  
DAY-OF REGISTRATION BEGINS AT 7:30 A.M. AT THE SANKERTOWN VFW AND THE RACE BEGINS PROMPTLY AT 8:30 A.M.

THE RACE WILL BEGIN AT THE SANKERTOWN VFW AND FINISH ON FRONT STREET IN CRESSON

PROCEEDS FROM THE RACE BENEFITS CRESSON AREA HERITAGE DAYS

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Participant Information

Name(last, first, middle initial)	Male	Female			
Mailing Address - Street					
Mailing Address – City, State, Zip Code					
Daytime Telephone With Area Code ( )					
E mail Address					
Adult T-Shirt Size (Circle One)	Small	Medium	Large	XL	XXL

**Age group (Please circle One)**

16-20    21-25    26-30    31-35    36-40    41-45    46-50    51-59    60+

**Race fees:** \$15.00 IN ADVANCE AND \$20.00 ON RACE DAY – **FEES ARE NONREFUNDABLE**

**READ & SIGN** In considering for your accepting this entry, I, the undersigned do hereby waive and release The Cresson Area Heritage Days Committee, Cresson Area Chamber of Commerce, volunteers, sponsors, officials, municipalities, Cambria county and the Commonwealth of Pennsylvania from all liabilities and claims arising from my participating in this race. I grant permission to use any photos, videos or any other records of this race for any legitimate purpose. I understand that the use of headphones during the race is prohibited. I attest that I am physically fit and have sufficiently trained for this race.

If I start before the scheduled time of this race, during which support services are not available or should I still be on the course after the support services are terminated, I understand that Pedestrian rules apply, that there are no support services available, that the roads are not controlled, and that no support services or road control will be available except during the regularly scheduled hours of the race.

**SIGNATURE** \_\_\_\_\_

Participants must be at least 16 years old on race day. Parent's signature required if under (18)

Please mail completed registration form and payment to:  
**Cresson Area Heritage Days P.O. Box 113, Cresson, PA 16630**

Your canceled check will be your registration acknowledgement

[www.cressonarea.com](http://www.cressonarea.com)

Tee shirts and trophies are being donated by Mainline Medical Associates