



11th Annual
Oil City Firefighters
Against
Muscular Dystrophy
5K

Run/Walk
Saturday July 24th
10:00 A.M. Start



ENTRY FORM

Name: _____

(Last, First, Middle Initial)

Address: _____

City: _____ State: _____ Zip: _____

Daytime Telephone: (____) _____ Evening Telephone: (____) _____

Sex: M F Age: _____ Clydesdale/Lady Athena: _____ (X) if yes

Shirt Size: S M L XL

Make Checks Payable to: **Oil City Firefighters Local #700** Mail to: **Oil City Firefighters Local #700**

Pre-Registration Date July 21, 2010

404 Central Avenue

Oil City, PA 16301

RELEASE AND WAIVER

I certify that I have decided to participate in the Oil City Firefighters 5K with full knowledge that being physically fit and sufficiently trained is necessary to prevent any injury to myself. In consideration of the acceptance of my entry, I for myself, my executor, heirs, administrator and assigns, waive, release, and discharge any and all claims against the International Firefighters Local #700, The City of Oil City, The Oil City Chamber of Commerce, and any and all race Sponsors, their employees, agents or representatives arising out of my participation in the Oil City Firefighters 5K.

RUNNERS SIGNATURE: _____ DATE: _____

(Parent's signature if under 18 years of age)

Starting Time: 10:00 A.M.

Location: Oil City, PA follow Route 8, Take Route 62 North across Petroleum Street Bridge, 2nd Light is West 1st Street. Parking is available in the Downtown area.

Entry Fee: \$14.00 pre-registered, \$16.00 day of the event.

Registration: Pre-registration deadline is July 21, 2010. All pre-registered participants will receive an attractive short sleeve T-shirt. Race day registration from 7:30 to 9:45 at the YMCA 7 Petroleum Street. Remaining shirts will be distributed first come first served.

Divisions: Men's and Women's overall, Men and Women ages 13 and under, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+, Clydesdales Men over 200lbs and Lady Athena Women over 140lbs.

Awards: Overall Men's and Women's 1st, 2nd, 3rd Place Trophy. 1st, 2nd. and 3rd in all divisions receive a medal.

Facilities: Restrooms, Showers available at the YMCA until 12:00 P.M.

Water/Timing: Water will be available at the 1 & 2 mile areas. Timing is being provided by Runners High.

Weigh-in: Clydesdale / Lady Athena Division weigh-ins will be at the YMCA near the registration area.

Post-Race: Cookies, Bananas, and drinks will be available.

Information: For further information, please contact: Mark Hicks Race Director 404 Moran St. Oil City, Pa 16301. (814) 673-3988 at home, (814) 678-3061 at the fire station or e-mail ocfiremedic@yahoo.com.

Proceeds: All Proceeds are being donated to the Muscular Dystrophy Association in an effort to help fight the ravaging disabilities of Muscular Dystrophy. We sincerely thank you for your HELP!!

Video: Venango Video will video tape the finish area from above in the Oil City Fire Department Snorkel Truck to be replayed on Venango Video in Oil City and Franklin.

Kids Race: Immediately following the 5k there will be a $\frac{1}{2}$ mile race for kids under 10 years old. Medal to the first boy and girl finisher. Certificates to all finishers.

Award Ceremony: Will be held at the parking area, across the street from the YMCA as soon as the results are available.

The course: Paved, flat, out-and-back 3.1 mile course along West 1st Street in Oil City. Starting near Reed Street.