

# IHF 5k Facts

**COURSE:** The course will be on the original bike path and Hess Field areas located in Danville. The terrain is mostly flat and the course is scenic. Road areas will be limited and monitored. Miles will be marked and a water stop will be at the halfway point.

**SEND APPLICATIONS TO:** Iron Heritage Festival, Attn. Jeff Brandt  
PO Box 73, Danville, PA 17821. T-shirts guaranteed to all applications received by July 13, 2010

**PRICES:** Pre-register-\$12.00 includes T-shirt; \$5.00 does not include T-shirt. Family rate (Mom, Dad and 2 or more children, under age 12)—\$40.00. All Families and Runners must pre-register by July 13, 2010 to receive discount. Race Day registration-\$15.00 includes T-shirts (while supplies last) \$7.00 does not include T-shirt. Race day registration is at Danville Middle School Gym from 7:15am to 8:15am on July 24, 2010. This is located on Route 11, adjacent to Route 54, (across from the Burger King, Danville)

**AGE GROUP AWARDS:** 1st, 2nd, & 3rd in each age group. Age groups include: Male/Female 12 and under; 13y to 15y; 16y to 18y; 19y to 29y; 30y to 39y; 40y to 49y; 50y to 59y; 60y to 69y and 70y and over. Awards will be awarded to the 1st, 2nd and 3rd place winners in each category.

Awards and Door prizes to follow the race. You must be present for door prize drawings.

**RACE TICKET PICK UP AND POST REGISTRATION:** Saturday July 24, 2010 . Registration will begin at 7:15am to 8:15am on Race Day in front of the Danville Middle School Gymnasium, Route 11 (across from Burger King), Danville.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Age on Race Day \_\_\_\_\_ Male/ Female \_\_\_\_\_

Shirt Size: Sm ▪ Md ▪ Lg ▪ X-lg

Family Names ▪ Ages ▪ Sex ▪ Shirt size

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Registration: \$12.00 (w/t-shirt) \$5.00 (no t-shirt)  
\$40.00 Family Price

Make Checks payable to IHF and send to  
IHF Attn: Jeff Brandt, PO Box 73, Danville, PA 17821

Release: By signing this document, I hereby do not hold the Iron Heritage Festival, the Danville School District, the Danville Area Cross Country team, the Montour County Recreation Authority, the Municipalities of which the race will run through, the town of Danville or any other persons, sponsors, their representatives and successors, responsible for any injury or accident that may occur while running this race including the claims and liabilities of any kind arising from my participation in this event. I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision the race official relative to my ability to safely complete this race. I assume all risks associated with running this event, including but not limited to falls, contact with other participants, effects of weather including high heat and/or humidity, traffic, and conditions of the road, or trails, insects bits and/or bee stings, etc.

Signature \_\_\_\_\_

Parent/Guardian if under 18 \_\_\_\_\_