

THANK YOU 2013 SPONSORS



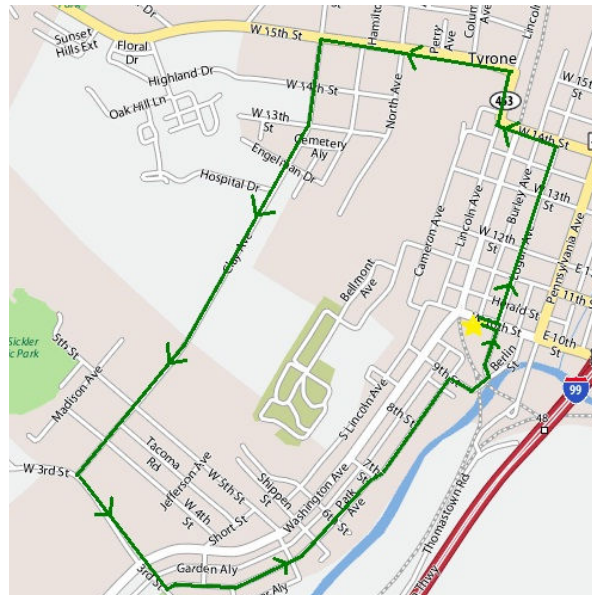
Atlas Edge LLC

Thank you to the Tyrone Borough and Tyrone Fire Police for your support and assistance.

Race Route

5K Walk & Run: Starting point is at Joshua House. Logan Ave to 14th St. Left onto 14th around 'S' curve onto 15th St. Left onto Clay Ave. Left onto 3rd Ave. Cross Washington Ave and left onto Park Ave. Right onto 9th St. Left onto Logan Ave, right onto 10th St finishing back at Joshua House.

10K Run: Race course can be viewed at www.TyroneRec.org



6th Annual Irish Heritage 5K/10K Race



**March 15, 2014
Tyrone, PA**

5K Walk 9:00am

5K/10K 9:00am

Go for the Gold 10:30am

Heel-a-Thon 10:30am

Benefitting
Joshua House
TYRONE AREA COMMUNITY CENTER

Race Information

5K Run: Begins at Joshua House at 9:00am. For race route, see map on back.

10K Run: Begins at Joshua House at 9:00am. For race route, see map at www.TyroneRec.org

5K Walk: Begins at Joshua House at 9:00am and follows the same route as the 5K Run.

Heel-a-thon 50yd Dash: Begins around 10:35am. Participants are required to run this race in high heels. **NOT** limited to female participants. Guys, get some heels and give it your best shot. Cash prize for the best time for male & female.

“Go for the Gold” 50yd Kids Dash: Begins around 10:30am. This event is for kids in elementary school and younger. Prizes will be awarded to the top male & female participants.

Parking: Parking is available at Joshua House, Municipal Lot on Logan Ave the Park & Ride off I-99.

2014 Tyrone Wellness Race Series Schedule

June 7th: Faith Day Race 5K/10K

July 26th: Doggie Dash 5K

September 1st: Labor Day Pump & Run

October 11th: Fall Classic 5K/15K

General Information

Race Registration: You can complete and mail the attached registration form or register online at www.TyroneRec.org

Race Day Registration: starts at 7:30am at Joshua House (123 W. 10th St. Tyrone, PA)

Shirt: The long sleeve race shirt will be available to all pre-registered participants and day of participants on a first come first serve basis.

Awards: Trophies will go to the top overall male and female finishers in each race, medals will go to the top 3 finishers in each age category in each race, prizes for the best dressed Irish themed costume.

Age Categories: 8 & under, 12 & under, 13-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+

Entry Fees: Register before March 12th for \$20 (5K & 10K Run, 5K Walk) includes race shirt (limited supply) & post race refreshments. Day of registration is \$25. Heel-a-thon entry fee is \$5. There is no entry fee for the “Go for the Gold” 50yd Kids Dash.

Student Discount: Half price registration fee for all students in high school and below.

Contact Information:
Kristen Hawley, Race Organizer
(814) 684-2032
kristen@TyroneRec.org
www.TyroneRec.org

Irish Heritage 5K/10K Race Registration Form

Name: _____

Address: _____

City/State/Zip: _____

Email: _____

Phone: _____

Date of Birth: _____

Age of Race Day: _____

M or F Shirt Size: Kids M Kids L Adult S
Adult M Adult L Adult XL Adult XXL

Race participating in: (circle all that apply)
5K Run 10K Run 5K Walk
Heel-a-Thon 50yd Dash
“Go for the Gold” 50yd Kids Dash

Waiver: In consideration of you accepting this entry, (I below signed), intending to be legally bound for myself, my heirs, executors, administrators, and assigns, waive and release all rights and claims for damages I may have against the Irish Heritage 5K Run/Walk, the officials, sponsors, directors, officers, employees, agents and volunteers of the Irish Heritage 5K Run/Walk and/or the race committee, their heirs, representatives, successors and assigns, for any and all injuries physical or otherwise suffered by me in this event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition had been recently verified by a licensed medical doctor. Furthermore, I hereby grant full permission to use photographs, videotapes, motion pictures, and records of me, or any other record of this event, for a legitimate purpose. This entry is invalid unless signed by entrant. If entrant is under the age of 18, a parent or legal guardian must sign entry form. This race committee reserves the right to reject any entrant.

Signature: _____ Date: _____

Parent/Guardian Signature (18 or under): _____
Date: _____

Entry fees (checks payable to ‘Tyrone Rec’):
5KRun/Walk & 10K Run.....\$20.00
Heel-a-Thon.....\$5.00
“Go for the Gold”no charge

1/2 price for students in high school and below

Mail to: Joshua House
123 W. 10th Street Tyrone, PA 16686