



Heritage Hustle

5-K Run and 2-Mile Fun Walk

Saturday, September 19, 2009 9:00 a.m. Slickville, PA

The Course—Run or walk on the beautiful new Westmoreland Heritage biking trail! Comfortable crushed limestone surface. Out and back course. The first half is a gradual downhill. *Fast!* The return is...what else? A gradual uphill! *Show us what you've got!*

Where—Slickville Fire Station in Slickville, Westmoreland County, PA. Route 819, 4.7 miles north of Route 22 and 3.9 miles south of Route 380. Turn east onto Main Street and you are there. (There is no sign for Main Street, but look for a large blue and gold sign saying, "Welcome to Slickville.")

Entry Fee—If postmarked by September 12: **\$15** Race day: **\$20** (Registration from 8:15 a.m. till 8:45 a.m.) (*Sorry, no refunds*)

Proceeds--will be used for the maintenance of the Westmoreland Heritage Trail.

Awards—Runners: top two male and top 2 female overall. Also, top two in each age category: 11-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ The first three walkers to finish will also get an award.

All pre-registered participants age 10 and under will get a medal!

T-Shirts—given to first 120 pre-registered runners or walkers over 10 years old.

For information call (724) 733-4259 or email setler@comcast.net

-Registration Form-

Make checks payable to: **Westmoreland Heritage Trail**
Mail to: Chuck Setler, 128 Kistler Drive, Export, PA 15632

NAME _____ BIRTHDATE ___/___/___ PHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

AGE ON RACE DAY ____ SEX ____ SHIRT SIZE: M__ L__ XL__

EVENT: 5-K RUN ____ 2-MILE JUST-FOR-FUN WALK ____

EMAIL ADDRESS (To receive race results) _____

WAIVER: I do hereby release and discharge the Regional Trail Corporation, the Village of Slickville, the Slickville Civic Association, the Salem Township Volunteer Fire Department, and all race officials, sponsors, and volunteers from all claims arising from my participation in the Heritage Hustle 5-K race and fun walk. I attest that I am physically fit and have sufficiently trained for this event.

SIGNED _____ DATE ___/___/___
(Parent or guardian signature if under 18 years of age)