



# 3rd Annual FAAP FALL CLASSIC 5K RACE/WALK

*To benefit the poor in the Philippines by providing baby formula for Queen of Peace Orphanage and to help raise funds for the Philippine Nationality Room at the University of Pittsburgh.*

**WHEN:** Sunday, **September 19, 2009 at 9:00AM.** Race day Registration begins at **7:45 AM.**

**WHERE:** **North Park** behind the Pool. Start and end at the "Harmar" pavilion across from Pie Traynor baseball field on South Ridge Road. See info at <http://www.alleghenycounty.us/parks/npfac.aspx>. Free parking in front of the pool.



**COURSE:** This is a **Cross Country** part trail and pavement race. The first two miles is mostly on blazed trails and the last mile is on pavement and trail. Fairly level to rolling throughout with one medium hill near the beginning on the trails. Here is a rough map: <http://www.gmap-edometer.com/?r=2023906> The fall foliage should be starting to change colors and most of the race is on the Rachel Carson Trail, so it should be enjoyable for both runners and walkers!



**AWARDS:** US Savings Bonds and **bamboo** medals to the top runners in each age by gender category as follows: Overall Top Males and Females **\$100 & Medal (1<sup>st</sup>)**; **\$75 & Medal (2<sup>nd</sup>)** and **\$50 & Medal (3<sup>rd</sup>)**. For each age by gender category top male and females get Medal (1<sup>st</sup>); Medal (2<sup>nd</sup>) and Medal (3<sup>rd</sup>). Age groupings are: 0-10, 11-13, 14-16, 17-20, 21-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+. **Special award to top Parent/Child Team this year!**

**ENTRY FEES:** The registration is **\$20** per person, with a special registration fee of **\$50** for a family up to four related people (2 adults/2 children). Of course additional donations to the cause are always welcome! Contributions are tax deductible as the FAAP is a 501(c) (3) Pennsylvania non-profit charitable organization. **Please try to send in your registration by mail ASAP so we can properly plan.** All checks are made payable to "FAAP." Race day fee will be \$25.00. (we prefer you pay and register online)

**POST RACE:** After the race, we will have a **special Filipino dancing demonstration** for your enjoyment and you will have a chance to learn a special dance with bamboo poles called Tinikling! Of course we will also have some refreshments and the awards ceremony.

Professional timing by Miles of Smiles Timing Service and results at <http://www.smileymiles.com/>.

→ **PAY AND ONLINE REGISTRATION HERE: <http://faap5krace.yolasite.com/>** ←

Mail to Mark Knapp at 11056 Babcock Blvd., Gibsonia, PA 15044. Email Mark at [attorneymarkknapp@yahoo.com](mailto:attorneymarkknapp@yahoo.com) any questions and for more info.

Name \_\_\_\_\_; Age \_\_\_\_\_; Paid \$ \_\_\_\_\_

Date of Birth: \_\_\_\_\_; M or F.

email \_\_\_\_\_, phone \_\_\_\_\_

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

I certify that I have trained and/or am physically fit enough to participate in this race. In consideration of the acceptance of my entry, I hereby release and discharge any and all claims against the Filipino American Association of Pittsburgh, Inc., (FAAP) that I may have for personal injury that may occur during this event.

\_\_\_\_\_  
Signature (parent if under 18) Date \_\_\_\_\_

**FOR A GREAT CAUSE AND A GOOD TIME IS GUARANTEED!**