

STRONGSVILLE SUPER SATURDAY

Presented by PAT CATAN'S CRAFT CENTERS

1 Mile & 5K Running Races, Saturday, March 21, 2009

Time: 1 Mile @ 8:30am 5K @ 9:00am

Racecourse: Begin and end at **Ehrnfelt Recreation & Senior Center** at 18100 Royalton Road (behind Target). The 5K race features a very fast opening 1.5 miles before a challenging hill. The 1 Mile is flat and fast!

Entry Fee: Pre-registration: *1 Race - \$20.00 2 Races - \$25.00*
Day of Race Registration: 1 Race - \$25.00 2 Races - \$30.00

Registration: Make checks payable to City of Strongsville. Mail registration and payment to:
18100 Royalton Road, Strongsville, Ohio 44136.
(Mailed entries must be post marked by Monday, March 16, 2009.)



On-Line Registration: Register @ <http://www.signmeup.com/63392> - deadline is March 20, 2009 at 5:00pm.

Race Shirts: All pre-registered runners receive a cool three color "Cool Max" T-shirt.

Awards: Top three overall (male & female) and top three in each age group (male & female).

Age Divisions: **5K:** 11 & Under, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+.
1 Mile: 6 & Under, 7-8, 9-10, 11-12, 13-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60+



Strongsville Super Saturday Entry Form

Program# 7000.965

CHECK RACE(S): _____ 1 Mile _____ 5K TOTAL FEE ENCLOSED:\$ _____

FIRST NAME: _____ LAST NAME: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

AGE: _____ SEX (please circle): Male Female EMAIL: _____

TELEPHONE: _____ SUBWAY CHALLENGE SERIES CODE : # _ _ _ _ _

T-SHIRT SIZE (please circle): Youth M Youth L Adult XS Adult S Adult M Adult L Adult XL Adult XXL

Waiver: In consideration of the City of Strongsville and the Recreation Department granting me the permission to engage in the recreational activity set forth above, the undersigned does hereby waive, release, save and hold harmless and indemnify the City of Strongsville, the Recreation Department, their organizers, officers, employees, agents and sponsors for any and all claims for damage from personal injury to me or loss of property which may be caused by any act or failure to act on the part of the City of Strongsville, the Recreation Department, their organizers, officers, employees, agents and sponsors. The undersigned further assumes the risk of all dangerous conditions in and about the City of Strongsville and its Recreational Department property both real and personal and waive any and all specific notice of the existence of such dangerous conditions, if any. I agree to return my Championship Chip at the conclusion of the race or I am liable for a \$40.00 missing chip fee.

Signature _____ Date _____ Signature _____ Date _____

(Parent/Guardian if Under 18 yrs)