

# Run for the Health of it!

## 5K Run and Walk

June 20, 2009

9:00 a.m.

Presented by:



**Location:** Ellen Shapiro Natatorium, (Wooster High School) located at 515 Oldman Road, Wooster Ohio 44691.

**Course:** Begin and end at the Ellen Shapiro Natatorium. This is a road course that will challenge some of the runners with a few small upgrades and rolling hills. The course will take you through residential neighborhoods. The 5K run will start promptly at 9:00 a.m. with the walking events to begin shortly thereafter.

**Registrations:** Register online at [www.signmeup.com](http://www.signmeup.com) or mail entries to: YMCA of Wooster 680 Woodland Ave., Wooster, Ohio 44691. Make checks payable to: YMCA of Wooster

1 mile fun run/walk	\$15.00	\$18.00 (after June 17)
5K run/walk	\$20.00	\$23.00 (after June 17)

All pre-registered runners will receive a t-shirt and post-race refreshments.  
Race day registrations begin at 7:30am and will end at 8:45am.

**5K Awards:** Awards will be given to the top three male and female overall finishers, and the top three male and female runners in the following age groups: 11 and under, 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 and over.

**Proceeds:** Proceeds will benefit the 2009 Strong Family Campaign, a fundraising effort to increase support for the YMCA scholarship fund. This will provide assistance to children and families who otherwise may not be able to attend YMCA programs.

**Door prizes:** All registered participants will automatically be entered into our post-race raffle drawing and are eligible to receive a number of great prizes!

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## 5K Entry Form

Select Race:  5K run/walk  1 mile fun run/walk Total fee enclosed: \_\_\_\_\_

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

Age: \_\_\_\_\_ Sex (please circle) Male / Female

Emergency contact: \_\_\_\_\_ Telephone#: \_\_\_\_\_

Shirt Size: Youth M Youth L Adult SM Adult Med Adult L Adult XL Adult XXL

Email: \_\_\_\_\_ Telephone #: \_\_\_\_\_

I, the undersigned, realize that running a road race is a potentially hazardous activity. I should not enter & run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to safely completing the run. I assume all risks associated in running this event including, but not limited to, falls, contact with other participants, the effects of the weather, traffic, and the conditions of the road, all such risks being known and approved by me. Having read this waiver, and knowing these facts, and in consideration of you accepting my entry, I for myself and anyone entitled to act in my behalf, waive and release the YMCA of Wooster, the Cleveland Clinic, RS Racing Systems, all sponsors, their representatives and successors from all claims of liability of any kind arising out of my participation in this event. I hereby grant full permission to any or all of the foregoing to use any photographs, video tapes, motion pictures, recordings, or and other record of this event for any legitimate purpose. I also agree to return my ChampionChip at the conclusion of the race or I am liable for a \$40 missing chip fee. All race entries are non-refundable. We reserve the right to reject entries.

Signature (Parent or Guardian if under 18) \_\_\_\_\_ Date \_\_\_\_\_