

## HONOR FLIGHT TEAM CHALLENGE

Run or walk with your company in the Team Challenge. One award will be given for the team with the most participants and one for the team with the most money raised for Honor Flight. Team Challenge forms must be mailed together and must be pre-registered.



## HONOR FLIGHT DONATION PROGRAM

If you cannot run or walk the Blue Ash Honor Flight 5K to benefit Honor Flight Tri-State and want to help support our mission, we are accepting donations before and after the Race. If you want to help send the Veterans to their World War II Memorial in Washington, DC. It is easy... Just collect donations (make all checks payable to Honor Flight Tri-State)

DONORS NAME	AMOUNT
1. _____	\$ _____
2. _____	\$ _____
3. _____	\$ _____
4. _____	\$ _____
5. _____	\$ _____
6. _____	\$ _____
7. _____	\$ _____
8. _____	\$ _____
TOTAL	\$ _____

All persons raising a minimum of \$100 and submitting donations collected, on or before September 19th, will be eligible for a drawing for a helicopter ride over the downtown Cincinnati Area. (\$350.00 Value) You need not be present to win. Be sure to send your contact information.

Mail all donations to: Blue Ash 5K Race  
Honor Flight Tri-State  
8627 Calumet Way  
Cincinnati, OH 45249

Donations Received From:

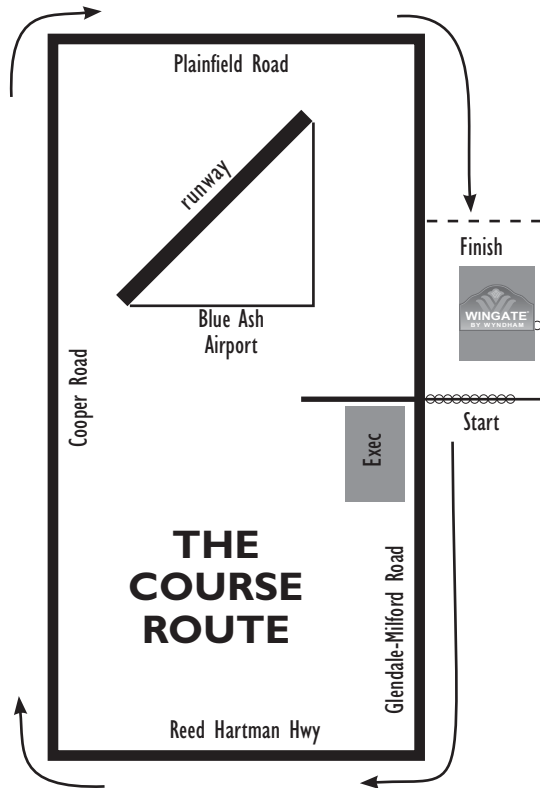
Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_



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**513.554.1797**

**Blue Ash**  
**5K Run - Walk**  
To Benefit  
**HONOR  
FLIGHT  
TRI-STATE**

**Saturday, September 19, 2009**

and  
**Pancake Breakfast**

Bob Roncker's  
**RUNNING SPOT**  
running since 1981

[www.runningtime.net](http://www.runningtime.net)

## BLUE ASH AIRPORT DAYS 5K RACE

The Blue Ash Airport Days 5K is in its 8th year near the airport. The race began as a part of the airshow but this year will be “flying” alone. You will be treated to the same pancake breakfast you have been enjoying for years – we will just be serving it at the Wingate Inn instead.

## DISTANCE

5,000 Meters (3.1 miles) The event is sanctioned and certified by USA Track & Field.

## COURSE

The Run/Walk begins at the Wingate Inn across from the Blue Ash Airport. The course goes east on Glendale-Milford Rd – Right on Reed Hartman – right on Cooper Rd and down a slight slope to – right on Plainfield Rd - the course goes around the back side of the airport to right on Glendale-Milford and ends on a fast straight away – to finish by the Wingate for free pancake breakfast and Award ceremony.

## RACE BENEFICIARIES

The event supports Honor Flight Tri State to send our veterans to Washington, all expenses paid.

## START TIME

Runners will begin at 8:00 AM and walkers will begin at 8:01 AM.

## PARKING

Free parking is available behind the Wingate Inn. For directions to the airport area, visit [www.airport-days.com](http://www.airport-days.com) or Google “4320 Glendale Milford Road.” Wingate is across the street.

## PRE-REGISTRATION

Before 9/12 registration is \$20 - which includes race entry, T-shirt (for the first 500 participants), pancake breakfast. Mail the completed form to Blue Ash Airport Days 5k, 10119 Crosier Lane, Cincinnati, OH 45242 postmarked by 9/12/09. Online registration will be available until 11:59 PM, Wednesday 9/16 at [www.runningtime.net](http://www.runningtime.net).

## PACKET PICK UP AND LATE REGISTRATION

T-shirts and bibs may be picked up at Bob Ronckers Running Spot - Glendale. 267 E. Sharon Road, in the heart of Glendale. (513) 772-7999, 1 PM - 7 PM, Friday Sept. 18. Or day of the race beginning at 6 AM. T-shirts will not be mailed. No refunds.

## AWARDS

Top overall male and female finishers will each receive a helicopter ride certificate. Additionally, the top 3 male/female runners and the top male/female walker in each age division will receive a special award. To qualify for walking awards, participant MUST WALK the entire race.

Runners:

14 and under, 15 - 18, 19 - 24, 25 - 29, 30 - 34, 35 - 39, 40 - 44, 45 - 49, 50 - 54, 55 - 59, 60 - 64, 65 - 69, 70 +

Walkers:

19 and under, 20 - 30, 30 - 39, 40 - 49, 50 - 59, 60 +

## PANCAKE BREAKFAST

Registrants receive a free ticket to the pancake breakfast following the 5K. (Includes sausage bananas, juice and coffee.) Additional tickets - \$5. All proceeds benefit Honor Flight. New cold breakfast too.

Make Checks payable to: **Blue Ash Airport Days**  
Complete info on [www.airportdays.com](http://www.airportdays.com) or  
[www.runningtime.net](http://www.runningtime.net)

## OFFICIAL ENTRY FORM

One form for each participant. Form may be reproduced.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City State Zip

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Email

\_\_\_\_\_  
Team Challenge Name

\_\_\_\_\_  
Number of entries (must be sent together)

## ENTRY FEES (non-refundable)

\_\_\_\_\_ \$20 Pre-registration, postmarked by 9/12, and Late registration at Bob Roncker's on 9/18 from 1 PM to 7 PM. Includes: T-shirt (first 350 guaranteed), pancake breakfast.

\_\_\_\_\_ \$25 Race Day registration, 9/19, 6:30 AM-7:55 AM. Includes T-shirt (if available), pancake breakfast.

\_\_\_\_\_ Qty. x \$5 ea. additional pancake breakfast ticket

\_\_\_\_\_ Optional donation for Honor Flight Tri-State

Shirt Size (circle one):    S    M    L    XL    XXL

Age on 9/19/09 \_\_\_\_\_ Gender:    M    F

Category:     Runner     Walker

In consideration of my entry, I, for myself, my executors, administrators and assignees do hereby release and discharge Blue Ash Airport Days, the Blue Ash Airport, the City of Blue Ash, City of Cincinnati, Bob Ronckers Running Spot, Greg McCormick, USATF, all officials, volunteers, contractors, staff and sponsors for all and any damage, demands or actions whatsoever in any manner arising or growing out of my participation in said event. I am physically fit, sufficiently trained to participate in this event. I agree to be financially responsible for any treatment that may be necessary. By signing below, I hereby give my permission without compensation to use my likeness or photographs for any legitimate purpose.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Parent's Signature (if under 18)

\_\_\_\_\_  
Emergency Medical Contact (Name and Phone #)



## HONOR FLIGHT Tri-State

Honor Flight is a Cincinnati based non-profit organization created to honor America's Veterans for all their sacrifices. We fly our heroes to Washington, DC to visit and reflect at their memorial. Top priority is given to the senior veterans-WW II survivors along with those other veterans of other wars that are terminally ill.

The first Honor Flight flew in May 2005 with six small planes flying 12 WWII Vets. Flying from Springfield, OH, in 2006, with a waiting list of veterans expanding rapidly, we transitioned to commercial airline carriers to accommodate the maximum number of veterans as quickly as possible. Based on recent statistics, we are losing WW II veterans at a rate of 1200 per day. Honor Flight will continue to do whatever it takes to fulfill the dreams of our veterans, and very importantly, our senior hero's travel absolutely free.

Honor Flight Tri-State is affiliated with the Honor Flight Network and is serving the Veterans in the Greater Cincinnati area.

Your contribution to Honor Flight is tax deductible and we hope that you will help us honor our Veterans by running in the Blue Ash 5K!

[www.honorflighttristate.org](http://www.honorflighttristate.org)