



# Surge for Scholarships 5K Run and Fitness Walk

## Saturday, October 20, 2007 9:00 a.m.

**This year's Master of Ceremonies/Official Starter - Clyde Gray, Channel 9 news anchor**

**Purpose:** To promote health and fitness in the community and to help raise money for scholarships for deserving Cincinnati State students.

**Course:** Challenging 3.1 mile run starts and finishes at the College and winds through scenic Clifton and Clifton Hills neighborhoods. Assemble on the front lawn of the Advanced Technology & Learning Center.

**Divisions:** Run - Men & Women: 14&under, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70&over. Walk – Men & Women 29&under, 30-39, 40-49, 50-59, 60-69, 70&over

**Awards:** Top Male and Female Runners and Walkers and top 15% of each run age and walk age group (based on pre-registration). Awards presented immediately following the race/walk.

**Post Race Celebration:** Refreshments, food, music, games and other entertainment will be provided. FREE Kids run after the race with goodies for all finishers. Enjoy the grounds and tour the facilities. Lots of door prizes will be given out randomly.

**Pre-Registration:** \$20 includes t-shirt and post-race party. Registration should be postmarked by October 13<sup>th</sup>.

**Cincinnati State Students.** \$15 Advance registration only. Signup at Advanced Technology & Learning Center, Rm 204.

**Online Registration:** Available thru 10/18/07

**Race day registration:** Begins at 7:30 am. \$25 per person including post-race party and t-shirt (while supplies last)

**Location:** Address: 3520 Central Parkway, Cincinnati, OH 45223-2690. See website for directions.

**Parking:** Ample Free parking on Campus at the Central Parkway garage (Corner of Central and Ludlow).

Contact: Greg McCormick at (513) 652-6225  
For complete information, course map,  
directions, on-line registration and results, visit:  
**[www.RunningTime.net](http://www.RunningTime.net)**

-----  
**Cincinnati State Entry Form**

Name: \_\_\_\_\_

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

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Age** (as of 10/20/07) \_\_\_\_\_ **Sex:** M F **Race:** Run Walk **T-shirt:** S M L XL

Waiver/ Release: (must be signed by participant): I understand that my consent to these provisions is given in consideration of the acceptance of this registration and for being permitted to participate in this event. I am a voluntary participant in this event, and in good physical condition. I know that this event is a potentially hazardous activity and I hereby assume full and complete responsibility for any injury or accident which may occur during my participation in this event or while on the premises of this event, and I hereby release and hold harmless and covenant not to file suit against Cincinnati State Technical and Community College and any race sponsors and their agents and employees, and all other persons or entities associated with this event (the "releasees") from any loss, liability or claims I may have arising out of my participation in this event, including personal injury or damage suffered by me or others, whether same be caused by falls, contact with participants, conditions of the course, negligence of the releasees or otherwise. If I do not follow all the rules of this event, I understand that I may be removed from the competition. give my full permission to Cincinnati State Technical and Community College and all sponsors to use any photographs, videotapes, audiotapes or other recordings of me that are made during the course of this event. I understand that this Waiver and Release may be stored electronically and agree that a copy is authentic and admissible as evidence in any future dispute or proceedings.

Relevant medical conditions: \_\_\_\_\_

Signature \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Signature (for entrants under age ) \_\_\_\_\_ Date: \_\_\_\_\_