

4th of July Spectacular 5k

Friday 8:00 a.m.

Start your 4th of July weekend with this family-friendly holiday tradition.

Course: Participants will assemble for a mass downhill start. Course is clearly marked and will wind through scenic residential neighborhoods finishing back at the Municipal Complex. Route is mostly flat with some gently rolling areas. Scheduled water stops at 1 and 2 miles. Timers at 1, 2 and 3 miles and finish. Professional Race Timing. Traffic will be controlled by Colerain Police.

Run Divisions: 12/under, 13-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-59, 60-64, 65-69 and 70/over.

Walk Divisions: 19/under, 20-29, 30-39, 40-49, 50-59, 60-69, **70/over.**

Awards: Trophies to top male and female runners and walkers. Trophies to the top 3 of each run/walk age group and Clydesdale division. Awards will be presented after the Kids run at about 9:15.

Results: Complete results will be posted online later in the day. All entries with valid email addresses will receive an email with their individual results

Post-Race: Refreshments will be provided. Free Kids Run with awards to all finishers. Awards ceremony and Door Prizes after the Kids Run.

Pre-Registration: \$8.00. T-shirts \$7.00 additional. Postmark entries by June 28th. **On-line registration** is available through July 2, 2008. All entries with a valid email address will receive an email confirmation of registration.

Late Registration: \$13.00. T-shirts \$7.00 additional (limited supply). **Late Registration/Number Pickup:** Thursday, 7/3 from 4-7 at Colerain Municipal Bldg. **Race-Day Registration/Number Pickup:** Begins at 6:30 a.m. at the race.

Directions: I-71 or I-75 to West on Ronald Reagan Highway (Cross County). Go North on Colerain Ave. Left on Springdale Road (just past Northgate Mall) . Go approx. 1/2 mile to the Colerain Twp. Municipal Complex on the Right. Ample free parking on site. Alternative route: I-275 to South on Colerain Ave. to West (Right) on Springdale Road. Google 4200 Springdale Road, 45251.

Contact Greg McCormick (513) 652-6225

For complete information, course map, directions, on-line registration and results, visit:

www.RunningTime.net

2008 Spectacular 5K Entry Form

Name: _____

Address: _____ City: _____ State: _____ Zip _____

Email: _____@_____ Phone: _____

Age (as of 7/4/08): _____ Sex: **M F** Race: **Run Walk** T-Shirt: **S M L XL (\$7.00)**

Clydesdale Division (Optional – Runners only): **Men 200-219 lbs. Men 220 +lbs. Women 160 + lbs.**

Waiver: In consideration of the acceptance of my entry, I hereby waive, discharge and release on behalf of myself, my heirs, executors and assigns, all claims of any nature, including but not limited to damages, demands, actions, whatsoever in any manner, arising from my participation in the Spectacular 5K, and do hereby release the Spectacular 5K coordinators, staff, sponsors, workers, officials and volunteers from any claim whatsoever arising from my participation in this event. I agree to abide by all the rules for participation, and acknowledge that the Spectacular 5K may refuse or return my entry at its discretion. I attest and verify that I understand the risks involved in such a run/walk, and that I am physically fit and have trained adequately in preparation and I agree to pay for my own medical expenses in the case of an accident or illness regardless of whether I have authorized such expenses. I permit the use of my name and picture participating in this event for publicity.

Signature _____ Date _____

Parent's signature (for entrants under age 18) _____ Date _____

In case of medical emergency, contact: _____ Phone (____) _____ or put "at race"

Relevant medical conditions _____