



# 3<sup>rd</sup> Annual Friendship City 5K

## Erlanger, KY

### Sunday, August 26, 2007 8:00 a.m.

Join us for a 5K Run/Walk that starts and ends at the new **Erlanger Branch of the Kenton County Library** and winds through streets of historic residential homes and the Erlanger Historical Railroad Depot. Route is mostly flat. Get together with families and friends to see the newly installed sidewalks that connect the City and the new Library and get started on a new program for physical fitness. Traffic will be controlled by the Erlanger Police Department. Proceeds for the race will benefit the Step Forward, Erlanger program to make the City a more walkable community and connecting people through physical activity.

**Course:** Begins at Library, Library loop, L on Hulbert Ave., L on Division, R on Lake, R on Clay, L on Hulbert Ave., L on Erlanger Rd., L on Crescent Ave., L on to sidewalk at Kenton Lands, L on Hulbert, L into Library, Library loop, finish.

**Awards:** Overall Male and Female Runners and Walkers and Top 15% in each age group.

**Awards Ceremony:** following the race.

**Run Divisions:** 12/under, 13-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70/over.

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

**Entry Fee:** \$15 Pre-registration. \$20 Race-day. All entries include a T-shirt while supplies last.

**Family Rate(3 or more):** \$35 Pre-registration. \$45 Race-day. Submit family applications together.

**Pre-Registration:** Postmarked by Monday, August 20  
Online Registration available at [www.active.com](http://www.active.com)

**Race-day Registration:** 6:30 am to 7:45 am

**Free Kids Run:** After the 5K. Special awards to all.

**One Free Family Membership to Silverlake Athletic Club plus other door prizes will be given away.**

**Directions:** From I-275: Take exit 83 (Dixie Highway) and turn right off exit onto Dixie Highway  
Proceed .8 mile and turn right on Kenton Lands Rd.  
Proceed .7 mile; Library is on left 401 Kenton Lands Rd.

Contact Greg McCormick at (513) 652-6225

Or:

Kathy Cahill at (859) 727-7955

For complete information, online registration, detailed directions, course description, printable entry and results, visit:

**[www.RunningTime.net](http://www.RunningTime.net)**

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

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

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

email: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_

Sex: **M** **F**

Race: **Run** **Walk**

T-Shirt Size: **S** **M** **L** **XL**

Total \$ \_\_\_\_\_

\$15 Pre-registration

\$20 Late Registration

\$35 Family Registration  
(Must be submitted together)

Waiver: In consideration of the acceptance of my entry, I hereby waive on behalf of my heirs, executors, and assigns, all claims of any nature arising from my participation in the Friendship City 5K and do hereby release the City of Erlanger, Greg McCormick and all 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 Race Committee may refuse or return my entry at its discretion. I understand that the risks for such a run and have trained adequately in preparation. I have noted any relevant medical conditions on the back of this form. I permit the use of my name and picture participating in this event for publicity.

Entrant: \_\_\_\_\_ Date: \_\_\_\_\_

Parent: \_\_\_\_\_ Date: \_\_\_\_\_

Required for entrants under 18

Emergency Contact: \_\_\_\_\_

Phone: \_\_\_\_\_ or put "at race"

Make checks payable to: "City of Erlanger" and mail to: Greg McCormick, 10119 Crosier Lane, Cinti, OH 45242