

10K Challenge in the Forest

Saturday, September 12, 2009 8:00 A.M.

Forest Park, OH
10K Run and 5K Walk

Join us on Saturday, September 12, 2009 at 8:00 A.M. for a 10K Run and 5K Walk.

Course: Scenic 10K Run and 5K Walk courses begin and end at Forest Chapel and winds through Winton Woods County Park.

Run Divisions: 14/under, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-59, 60/over.

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

Awards: Trophies to top male and female runners and walkers. Medals to top 15% of each run/walk division and all teams (based on pre registration). Awards presented immediately following the race/walk

Pancake Breakfast: Free pancake breakfast for all participants. Other food and beverages will be provided as well. Family members are welcome to join us for breakfast for a small donation.

Child Care: Child care will be provided during the race.

Later in the Day: Festival will be from 3:00 pm through 9:00 pm and will include a music fest with music every hour, games, more food, silent auction etc.

Benefit: All proceeds go to charity and to the continuation of outreach programs into our communities.

Pre-Registration: \$15 including pancake breakfast. T-shirts are \$10 extra. Postmark mail-in entries by 9/5/09.

Online-registration: \$15 including pancake breakfast. T-shirts are \$10 extra while supplies last. Register online through 9/10/09.

Race Day Registration: \$20 including pancake breakfast. T-shirts are \$10 extra while supplies last.

Race Day Registration and Number Pickup Begins at 7:30 a.m. at Forest Chapel.

email address: All entries with valid email addresses will receive pre-race confirmation of entry and will receive race results emailed to them post-race.

Directions: Google: 680 West Sharon Road, 45240. Forest Chapel is located in Forest Park on Sharon Road East of Winton Road and West of Route 4, South of I-275 and North of Ronald Reagan Cross County Highway. Free parking.

Contact Greg McCormick (513) 652-6225

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

www.RunningTime.net

10K CHALLENGE IN THE FOREST ENTRY FORM

Name: _____

Address: _____ City: _____ State: _____ Zip _____

Email: _____ @ _____ Phone: _____

Age (as of 9/12/09): _____ Sex: M F Race: Run Walk T-Shirt (\$10 extra): S M L XL

WAIVER: This waiver must be signed: 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 10K Challenge in the Forest run/walk and do hereby release the City of Forest Park, Hamilton County Parks, Forest Chapel, Running Time, LLC 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 the risks for such a run and have trained adequately in preparation. I have noted any relevant medical conditions on this form.

Relevant medical conditions _____

Signature _____ Date _____

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

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

Make Checks Payable To: FCUMC Mail to: c/o Greg McCormick, 10119 Crosier Lane, Cincinnati, OH 45242