

# 3rd Annual GA 5K....a heavenly hog jog

## Saturday, April 17, 2010 9:00 a.m.

### Guardian Angels in Mt. Washington



**Join us on Saturday, April 17 at 9:00 a.m. for a 5K Run/Walk to benefit Guardian Angels School.**



**Course:** Start/finish at GA, winding thru Mt. Washington. Additional parking across the street at McNick.

**Run Divisions:** 14/under, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-59, 60-64, 65-69 and 70/over.

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

**Awards:** Top male and female runners and walkers. Age group awards to Top male and female runners and walkers in each division. Awards presented immediately following the race/walk.

**Free Kids Fun Run:** 5<sup>th</sup> grade & under immediately following 5k. FREE w/ required Race Day Waiver.

**Pre-Registration:** \$15 without a T-shirt or \$20 with a T-shirt. Mail-in entries must be postmarked by Saturday, April 10th. **Online-registration** is available through Wednesday, April 14<sup>th</sup>.

**Special Family Price:** \$30 per family. Pre-registration only. T-shirts are extra and are \$5 each. Each family member must complete a separate entry form. All family entries are to be submitted together.

**Late Registration/Package pickup:** Friday 4/16 from 3pm -7pm at Guardian Angels Parish Center. Race Day prices apply.

**Race-day Registration:** \$20 without a T-shirt or \$25 with a T-shirt (while supplies last).

**Race-Day Registration/Number Pickup:** begins at 7:30 a.m. at Guardian Angels

**Guardian Angels:** Located in Mt. Washington at 6539 Beechmont Ave., Cincinnati, OH 45230.

**Contact Karen Veeneman (513) 300-1184 or Greg McCormick (513) 652-6225**  
**For complete information, course map, directions, on-line registration and results, visit:**

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

#### GA 5K OFFICIAL ENTRY FORM

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

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

Email: \_\_\_\_\_ @ \_\_\_\_\_ Phone: \_\_\_\_\_

Age (as of 4/17/10): \_\_\_\_\_ Sex: **M F** Race: **Run Walk** T-Shirt: **S M L XL XXL**

**WAIVER:** In consideration of the acceptance of my entry, I, for myself, my executors, administrators and assignees, do release, discharge and hold harmless the GA 5K Run/Walk, Guardian Angels School and Parish, McNicholas High School, Running Time LLC, USATF, Cincinnati Police Department, their representatives, officials, volunteers, members and sponsors, from any and all claims, damages, demands, or causes of action whatsoever in any manner directly or indirectly arising out of or related to my participation in said event. I understand the risks for such a run/walk and have adequately trained in preparation for this event. I permit without compensation the use my name and picture participating in this event for purposes of promoting the GA 5K Run/Walk. I agree to abide by all the rules of participation and acknowledge that the race committee may refuse or return any entry at its discretion.

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:** GA 5K **Mail to:** c/o Greg McCormick, 10119 Crosier Lane, Cincinnati, OH 45242