

the J5K SUNDAY • OCTOBER 16 • 2011

Join us for awards, music, and refreshments after the race!

Race Course: The 5K course starts at the Mayerson JCC and continues through the rolling hills of Amberley Village.

Start Time:

The J5K Run starts at 8:00am

This is a "chip" timed event.

Awards Presentation: 9:30am

5K Race Categories (Female & Male):

Age 10 & under • 11-15 • 16-19 • 20-24 • 25-29
30-34 • 35-39 • 40-44 • 45-49 • 50-54 • 55-59
60-64 • 65+

5K Walk Categories (Female & Male):

Age 10 & under • 11-19 • 20-29 • 30-39
40-49 • 50-59 • 60+

Facilities at the JCC:

- Indoor showers, locker room, and restrooms
- Staging area in the gym in case of rain
- Start and finish lines near main parking lot

Directions:

Ronald Reagan Highway to Ridge Road, or I-71 to Ridge Road

Questions?

Call Andy Mays
at the Mayerson JCC:
513.722.7235

Early Registration, postmarked by Saturday, Oct. 8:

\$25/person (*tech race shirt included*)

Late Registration, ONLINE ONLY, Oct. 9 - 14:

\$25/person (*race shirt not guaranteed*)

Race Day Registration & Race Packet Pick-up: 6:00am at the JCC

\$35/person (*race shirt not guaranteed*)

For complete information and to register online: www.runningtime.net

To register in person or by mail:

Complete the registration form (at right).

Hand it in at the Mayerson JCC front desk, or mail it to:

Attn: Andy Mays

The J5K, Mayerson JCC

8485 Ridge Road, Cincinnati, Ohio 45236



the J5K

SUNDAY, OCT. 16, 2011
START TIME IS 8:00AM

REGISTRATION

(Each participant must complete a separate registration form.)

PLEASE PRINT

Name _____

Address _____

City/State/Zip _____

Phone _____

E-mail _____

M F Age on Race Day _____

Runner Walker

Race Shirt size: S M L XL XXL

WS WM WL WXL

Release of responsibility

Upon acceptance of my entry, I do hereby release the Mayerson JCC, Runningtime LLC, their agents, directors, officers, employees, volunteers, all event sponsors, and any others involved with promoting this race, from any claims for damage arising from my participation in the J 5K Run on Sunday, October 16 in Amberley Village.

I hereby represent that I have full knowledge of the risks involved in participating in this event, and I am physically fit and sufficiently trained to participate in this event.

Signature/Date _____

Parent's Signature *if under age 18* _____

Registration, postmarked by October 8, 2011:

\$25/person (*tech race shirt included*)

Payment (required with registration)

Check enclosed, *payable to Mayerson JCC*

J Member: Charge o Account (*CTA form must be on file*)

MasterCard VISA AmEx Debit Card

Card # _____ Exp. date _____

Signature _____



JOIN the J

- world-class fitness center
- gymnasium, indoor track & lap pool
- FREE group exercise classes (90+/week)
- personal training
- weight management program
- year-round waterpark & swim lessons
- art, drama, dance, and sports for all ages
- family entertainment & programs
- Early Childhood School (*full day/half day*)
- drop-in childcare

*month-to-month membership;
30-day money-back guarantee*



Manuel D. & Rhoda Mayerson JCC
on The Jewish Foundation of Cincinnati Campus
8485 Ridge Road, Cincinnati, Ohio 45236
513.761.7500 info@mayersonjcc.org

www.JointheJ.org



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