



7th Annual

"Run for the Prize"

1 Corinthians 9:24

5K RUN / WALK

(NEW FOR 2011 - PANCAKE BREAKFAST!)
LITTLE TYKE DASH

SUNDAY, JUNE 5, 2011 @ 8:00 A.M.

ABIDING WORD LUTHERAN CHURCH
8470 LANDEN DRIVE
MAINEVILLE, OHIO 45039
513.677.9357

WWW.ABIDINGWORD.COM

Join us for our 7th Annual 5K run/walk. This year promises to be the best ever! The beautiful, scenic course runs through the Landen Lakes area. This year we are adding a pancake breakfast after the race. Electronic timing and results too. (Online registration closes June 2nd). Located near Landen Square Shopping Center.

For online registration & information, directions & results visit:

www.runningtime.net

or you may mail your entry (postmarked by May 28) to:

Greg McCormick
10119 Crosier Lane
Cincinnati, OH 45242

Please make your check payable to Abiding Word Lutheran Church
Proceeds benefit Hoxworth Blood Center & Big Brothers and Sisters of
Warren & Clinton Counties, Inc.

RACE SCHEDULE

6/05/11

Registration/Packet Pick-Up.....6:45-7:45 AM

5K Run/Walk.....8:00 AM

Little Tyke Dash.....9:00 AM

(7 & under)

Pancake Breakfast
immediately following race

Race Awards.....9:10 AM

Please stay for a short
'sermonette' after awards

Top Male/Female Runner/Walker

Age Group Awards

Runner Age Groups

14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, and 65 & Over

Walker Age Groups

29 & Under, 20-29, 30-39, 40-49, 50-59, 60 & Over

Entry Form

Check Event	Postmarked by 5/28/11	Race Day
<input type="checkbox"/> 5K Run (T-shirt)	\$15	\$20
<input type="checkbox"/> 5K Walk (T-shirt)	\$15	\$20
<input type="checkbox"/> Little Tyke Dash	FREE	FREE

Consent and Release of Liability

In consideration of the acceptance of my entry in the "Run For The Prize" 5K Run, 5K Walk or Little Tyke Dash; I do hereby for myself, my heirs, executors, and administrators, waive release and forever discharge any and all rights to claims for damages, whether based on negligence or any other theory of law, which I may have or which I may hereafter accrue to me against Abiding Word Lutheran Church, WELS, Deerfield Township, Warren County, the Race Committee, all race sponsors or contributors, and all other persons connected with the "Run For The Prize" event, individually or collectively, from all responsibilities for any or all injuries or damages to persons or property during the "Run For The Prize" Event, and I am physically fit and able to participate and or compete in the "Run for the Prize" event. In signing this entry form you agree to terms in this "Consent and Release of Liability" statement written in this form.

Parent\Guardian's Signature If Under 18

(T-Shirts available while supplies last)

Name _____

Address _____

City, State, Zip _____

Email address _____

Phone _____ Sex (M or F) _____ Age _____

Adult T-Shirt Sizes

S M L XL

Signature _____ Date _____