



18th Egg Nog Jog

Saturday, December 19, 2009 10:00 am

Mt. Adams

Come to Mt. Adams and join us for this holiday tradition. Scenic and challenging 5K course begins at Jerome and St. Gregory and winds through Mt. Adams and Eden Park offering spectacular views of the city.

Run Divisions: 15/under, 16-19, 20-24, 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. **Masters Division too!** Age group awards to the top 15% of each run/walk division (based on pre-registration). Awards Ceremony after the race at The Wine Cellar. Door Prizes too!

Post-Race Party: Join us back at The Wine Cellar for the Awards Ceremony, Food, Drink and Trauth Dairy Egg Nog.

Pre-Registration: \$10. Register online through Thursday, 12/17. Postmark mail-in entries by Monday, 12/14.

Late Registration/Pckt Pick up: \$12. Late registration at the Wine Cellar on Thursday, 12/17 from 5-8 and at Bob Ronckers Running Spot on Friday, 12/17 from 4-7.

Race-Day Registration/Pckt Pick up: \$15. The Wine Cellar from 8:15-9:45am

T-Shirts: Long-sleeved T-shirts are available in limited quantities for \$12 with pre-registration and \$15 on Race-Day.

Directions: The Wine Cellar is located in the heart of Mt. Adams. Google: 1101 St. Gregory Street, 45202

Email: All registrations that include an email address will receive a pre-race confirmation and individual results mailing post-race.



Contact Greg McCormick (513) 652-6225

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

www.RunningTime.net

18TH EGG NOG JOG REGISTRATION FORM

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

E-mail: _____@_____ Phone: _____

Age (as of 12/20/08): _____ Sex: **M** **F** Race: **RUN** **WALK** T-Shirt (\$12): **S** **M** **L** **XL**

Waiver: In consideration of the acceptance of my entry, I hereby waive, discharge and release on behalf of myself, my heirs, executors and assigns, all claims of any nature, including but not limited to damages, demands, actions, whatsoever in any manner, arising from my participation in the Egg Nog Jog, and do hereby release the Egg Nog Jog, Running Time LLC, coordinators, staff, sponsors, workers, officials volunteers and USATF 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 Egg Nog Jog may refuse or return my entry at its discretion. I attest and verify that I understand the risks involved in such a run/walk, and that I am physically fit and have trained adequately in preparation and I agree to pay for my own medical expenses in the case of an accident or illness regardless of whether I have authorized such expenses. **I have noted any medical condition and/or emergency contact information on the back of this form.** I permit the use of my name and picture participating in this event for publicity.

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: Egg Nog Jog

Mail to: c/o Greg McCormick, 10119 Crosier Lane, Cincinnati, OH 45242