



Cornerstone Church
TOWN CENTER

Miles for Meals 5K Run/Walk

Saturday September 15, 2007

“Outrunning Hunger, One Meal at a Time”



**Come to Erlanger for a good time and support a great cause.
Cornerstone Church of God hosts this event.
Proceeds benefit Senior Services of Northern Kentucky Meals-on-Wheels Program.**

Course: Rolling loop course starts and ends at the church and winds through residential neighborhoods and Forest Lawn cemetery.

Registration: Pre-registration: \$15 includes quality T-shirt.
Race-day registration: \$20 including T-shirt while supplies last.
Pre-registration deadline: Saturday, 9/08/07
Checks payable to: Miles for Meals c/o CCHOG
Mail to: Greg McCormick, 10119 Crosier Lane, Cincinnati, OH 45242

Directions from I-71/75: Take KY 236 exit toward Erlanger and merge onto Commonwealth Ave. Go past Dixie Hwy (Commonwealth becomes Stevenson Rd.), Left on Mary, Right on Timberlake to Hillcrest. Church address is 3413 Hillcrest.

Parking: Parking is available on streets surrounding the church.
Sorry, no parking at the church.

One Mile Remembrance Walk at the same time as the 5K for those who wish to stroll in memory of a lost loved one. There is a \$3.00 per person donation for the walk.

The event theme is “serving food”. Let us serve you a great time as we serve the senior citizens of Northern Kentucky.

Age Groups for 5K Run: 12/under, 13-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70/over.

Age Groups for 5K Walk: 19/under, 20-29, 30-39, 40-49, 50-59, 60-69, 70/over

Award Presentation after the race: Awards to First overall Male and Female Runner and Walker and top 15% in each age group based on pre-registration.

Contact: Greg McCormick at (513) 652-6225
For complete information, course map, directions, on-line registration and results, visit:
www.RunningTime.net
or
www.CCHOG.org (859) 727.0111

Miles for Meals Registration Form

Name _____

Address _____

City, State, Zip _____

Phone _____

Email _____

Age as of 9/15 _____

Sex (circle one) **M** **F**

Race (circle one) **RUN** **WALK**

T-Shirt (circle one) **S** **M** **L** **XL**

WAIVER: 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 Miles for Meals Run and do hereby release Cornerstone Church of God, Greg McCormick, SSNK 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 Director may refuse or return my entry at their discretion. I understand the risks for such a run 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 on the reverse of this form. I permit use of my name and picture in this event for publicity.

Signature: _____ Date: _____

Parent: _____ Date: _____
required if under age 18

Emergency Contact: _____

Phone: _____ or put “At the Race”