



# 3rd St. Patrick's Day Run for the Green 5K Trail Run/Walk

## Saturday, March 14, 2009 9:00 a.m.

Proceeds to Benefit Deerfield Township Parks

**Course:** 3.1 miles of grass fields and densely wooded, winding dirt/mud trails within Landen/Deerfield Park. Elevation changes of up to 50 feet with two calf-deep creek crossings.

**Divisions:** Run - Men & Women: 14/under, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70/over. Walk - Men & Women 29/under, 30-39, 40-49, 50-59, 60/over

**Cash Prizes:** Awarded to top three (3) Men and Women overall finishers: 1st - \$75; 2nd - \$50; 3rd - \$25

**Free Shoes:** In addition, Male and Female winner will receive a pair of trail shoes courtesy of The Running Spot.

**Awards:** Medals will be awarded to the top 15% of each age group (based on pre-registration).

**Grand Door Prizes:** One pair of trail shoes and two \$50 gift cards will be awarded at random. No duplicates.

**Pre-Registration:** \$10 per person. Registration should be postmarked by March 7th.

**Online-Registration:** Available thru 3/12/08.

**Long-sleeve T-shirts:** are available for \$12 while supplies last.

**Race day registration:** Begins at 7:30 am. \$15 per person (\$12 T-shirts while supplies last).

**Post Race:** Enjoy refreshments and stay for the awards and door prizes.

**Parking/Directions:** Ample Free parking at Landen/Deerfield Park, off US 22/3 (Montgomery Road)

**Email Addresses:** Registration confirmation and individual results will be emailed to all valid email addresses.

**Trail Series:** This is in conjunction with the 2009 Dirt Trail Series. Check website for more info about the



Contact: Greg McCormick at (513) 652-6225  
or: Fran M. Klatte with Deerfield Twp (513) 701-6960  
[www.deerfieldtwp.com](http://www.deerfieldtwp.com)  
For complete information, course map, directions, on-line registration and results, visit:  
**[www.RunningTime.net](http://www.RunningTime.net)**

**Run for the Green Entry Form**

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

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

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

\$10 Pre-registraiton, \$22 with T-shirt  
Add \$50 for all 5 Dirt Trail Races

**Age** (as of 3/14/09) \_\_\_\_\_ **Sex:** \_\_\_\_\_ **Race:** \_\_\_Run\_\_\_ Walk **T-shirt:** S M L XL (\$12 each)

Waiver/ Release: (must be signed by participant): 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 Run for the Green 5K Run/ Walk and do hereby release Deerfield Township, Greg McCormick, 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 Committee may refuse or return my entry at its discretion. I understand the risks for such a run and have trained adequately in preparation. I have noted any relevant medical conditions on this form.

Relevant medical conditions: \_\_\_\_\_

Signature \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Signature (for entrants under age ) \_\_\_\_\_ Date: \_\_\_\_\_

In case of medical emergency, contact: \_\_\_\_\_ Phone: \_\_\_\_\_ or put "at race"

**Make Checks Payable To:** Deerfield Township **Mail to:** c/o Greg McCormick, 10119 Crosier Lane, Cincinnati, OH 45242