



4th

St. Patrick's Day Run for the Green 5K Trail Run/Walk Saturday, March 13, 2010 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 8th.

Online-Registration: Available thru 3/11/10.

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

Race day registration: Begins at 7:30 am. \$15 per person (\$15 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 2010 Dirt Days Trail Series. Check website for series details.



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

Run for the Green Entry Form

Name: _____

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

Phone: _____

Email: _____

\$10 Pre-registraiton, \$22 with T-shirt

Age (as of 3/13/10) _____ **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, Running Time LLC, USATF 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 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