

Terrace Park, Ohio
Sunday, September 5, 2010
9am

The Bulldog 5K



Proceeds Benefit:

Terrace Park Recreation Commission, Inc.
www.tprc.net

For Information:

www.terraceparkbulldog5k.org
or contact Stacy McClorey:
513.205.6705
mchanna@fuse.net

START & FINISH: Gazebo on Elm Avenue

DIRECTIONS: Follow Rt. 50 to Elm Avenue in Terrace Park. UDF and Marathon will be on the corners. The Gazebo is located at the intersection of Elm, Terrace Place and Amherst. On-street parking is available.

COURSE: This 5K Run/Walk begins and ends at the Gazebo. Proceed on Terrace Place toward St. Thomas. Right on Cambridge. Right on Miami. Right on Amherst. Left on Lexington. Right on Stanton. Right on Yale. Left on Amherst. Left on Floral. Right on Stanton. Left on Elm. Right on Princeton. Right on Poplar. Right on Stanton. Left on Elm. Finish at Gazebo. Course is USATF certified.

RACE CATEGORIES:

Runners/Men & Women: 16/under, 17-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-60, 60-69, 70/over.
Walkers/Men & Women: 29/under, 30-39, 40-49, 50/over.
Weight: Men 200-219, 220/over.
Awards: To the 1st overall Male & Female. Awards to 1st Male & Female in each division. Award to 1st Terrace Park resident.

ENTRY FEES:

\$12 pre-registration (by 8/13/10) \$20 race day registration
\$20 pre-registration & T-shirt \$15 T-shirt on race day
Deadline for Pre-Registration is Friday, August 13, 2010

RACE RESULTS: Complete Results emailed within 2 days

Only one entrant per entry blank. Please photocopy for additional entrants.

SEX _____ AGE _____ \$12 pre-registration (by 8/13/10)
(on 9/5/10) _____ \$20 pre-registration plus T-shirt
Circle Shirt Size: S M L XL XXL YS YM YL

____ Age Division (Run)
____ Age Division (Walk)
____ Run Weight Division
____ Men 200-219
____ Men 200/over

NAME: _____
ADDRESS: _____
CITY: _____ STATE: _____ ZIP: _____
PHONE: _____ EMAIL: _____

MAKE CHECKS PAYABLE TO: TERRACE PARK RECREATION COMMISSION
405 Yale Ave. ~ Terrace Park, OH 45174

THE FOLLOWING MUST BE SIGNED:

IN CONSIDERATION FOR THE ACCEPTANCE OF MY ENTRY, I, FOR MYSELF, MY EXECUTORS, ADMINISTRATORS AND ASSIGNEES DO HEREBY RELEASE AND DISCHARGE TERRACE PARK RECREATION COMMISSION, THE VILLAGE OF TERRACE PARK, TPRC BOARD MEMBERS AND ALL SPONSORS AND INDIVIDUALS ASSISTING IN THE PRESENTATION OF THIS RACE FROM ALL CLAIMS OF DAMAGES, DEMANDS AND ACTIONS WHATSOEVER IN ANY MANNER OR GROWING OUT OF MY PARTICIPATION IN THIS EVENT. I HEREBY ATTEST AND VERIFY THAT I HAVE FULL KNOWLEDGE OF THE RISKS INVOLVED IN THIS RACE, THAT I ASSUME AND PAY MY OWN MEDICAL AND EMERGENCY EXPENSES IN THE EVENT OF ACCIDENT, ILLNESS OR OTHER INCAPACITY, REGARDLESS OF WHETHER I HAVE AUTHORIZED SUCH EXPENSES, AND THAT I AM PHYSICALLY FIT AND SUFFICIENTLY TRAINED TO PARTICIPATE IN THIS RACE.

PARTICIPANT'S SIGNATURE: _____ **DATE** _____

PARENTS'S SIGNATURE: _____ **DATE** _____

IN CASE OF EMERGENCY, CONTACT/PHONE: _____