



5-K Run / Walk

Saturday - July 18, 2009

Course:

Accurate 5-K (3.1 miles) course.
 Scenic in town and rural setting
 with some hills.
 Start and finish in downtown
 with mile splits and
 water stops.

Registration Location & Time:

Main Street Intersection
 by the Post Office &
 Congregational Church
 Registration starts at 8:00 am

**Race starts
 at 8:30 am**

Registration Fee:

	<u>5K Run</u>	<u>5K Walk</u>
Before July 1	\$ 12.00	\$ 10.00
After July 1	\$ 15.00	\$ 10.00

*T-Shirt to the
 first 150 Registered*

Male & Female Runners:

Ages:
 12-15, 16-19, 20-24, 25-29
 30-34, 35-39, 40-44, 45-49
 50-59, 60 +

Duck Walkers:

Ages: 12 and over

Awards:

Presented at 10:00 am
 Downtown at the Grand Stage

Awards 3 places deep in each
 Age Group (*runners only*)

Ribbons to All
 Walk Participants

Awards to
 1st Male and 1st Female
 Overall Runner
and
 1st Male and 1st Female
 Overall Walker

*Refreshments available
 after the race*

COLD CREEK 5-K REGISTRATION FORM

Mark One: 5-K Run 5-K Walk

AGE: (Race Day) _____ Male Female

Name

Address

City

State

Zip

Phone

I hereby for myself, my heirs, my executors and administrators, waive any and all rights and claims or damages against the sponsors, coordinating groups, and/or individual or organization associated with this event, their representatives, successors, and assignors, and will hold them harmless for any and all injuries suffered in connection with my participation with this event. I have been warned that I must be in good health to participate in this event. If I should suffer such injury or illness, I authorize race officials to use their discretion to have me transported to a medical facility and I take full responsibility for this action. My signature acknowledges that I am an amateur in such event and proof that I have read and understand my own liability and do accept the restrictions.

(Parent or Legal Guardian must sign if participant is under age 18).

Signature (required): _____ Date: _____

T-Shirt to first 150 registered

Size: **Small Med Lg X-Lg XX-Lg**

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Before July 1	\$ 12.00	\$ 10.00
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Check Payable and mail to:

Cold Creek 5-K Run / Walk

c/o Angel Kuhn POBox 426 Castalia OH 44824

419-684-9441 (after 5 pm) arkuhn@buckeye-express.com