



DE-FEET DOMESTIC VIOLENCE 5K RUN/WALK

**A WALK TO SUPPORT CROSSROADS CRISIS CENTER
AND END DOMESTIC VIOLENCE IN OUR COMMUNITY**

Saturday September 17, 2011, 9 a.m., Faurot Park, Lima

The course will start at the corner of South Cole & Lakewood Ave. close to the cannon. There will be a water station along the way and refreshments at the finish.

COURSE:

Pre-registration to "Lima Run 'N Jog", 21662 Buckland Holden Rd. Lima, Ohio 45806
www.limarunjog.com

REGISTRATION:

Make checks payable to Crossroads Crisis Center
\$20.00 Pre-Registered – Includes T-shirt (**post marked by September 2nd**)
\$25.00 Race Day – T-shirt while supplies last

**LOT'S OF
DOOR PRIZES**

Nonrefundable
ENTRY FEE:

RACE DAY ALL PARTICIPANTS need to meet at the Faurot Pavilion between 8am and 8:30am for their T-shirt and bib.

AGE GROUPS:

Male & Female 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 & 70 and over.

AWARDS:

Top 3 Male and Female Overall / Trophy and Prize
Top 3 Male and Female Age groups / Medals

NOTICE:

Award winners are responsible for collecting awards. Award ceremony will be at the Faurot Park shelter house immediately following the race. All door prizes are donated by generous sponsors. Must be present to win.

OTHER:

Race times will be determined by chip timing done by Lima Run and Jog Club. The course will include one water stop & refreshments afterwards. Questions can be directed to Shelly Yoakam at 419-228-4357 or syoakam@crossroadscrisiscenter.com

Please Print Clearly

Name: _____ Sex (Circle One): Male Female

Address: _____

Email: _____ Phone: _____

Age (On race day): _____ Shirt Size (Circle One): S M L XL XXL (Add \$2.00)

Waiver – Must be read and signed for entry to be accepted

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including but not limited to: falls, contact with other participants, the effect of weather, including high heat and/or humidity, traffic and the conditions of the road and any other such risks. Having read this waiver and knowing these facts and in condition of your accepting my entry, I, myself and anyone acting on my behalf, waive and release the LIMA RUN & JOG CLUB, Crossroads Crisis Center, St. Rita's Medical Center and OSU, Road ID, proceed recipients, race workers, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver.

Signature _____ Date _____ Parent of Guardian Signature _____ Date _____