31st ANNUAL SPRING FLING 5K

2:00 PM / Sunday, April 18, 2010

NEW LOCATION!

Wingate Inn- Lima, Ohio

(Corner of Market St and Elizabeth St)

SPONSORS:

SUBWAY

Dr. James Patterson, MD
Dr. Scott Wolery, MD

DeHaven Home & Garden Showplace

COURSE: The course will start at the ***Wingate Inn*** and finish on the river walk. Nearly the entire course will be on the river walk.

REGISTRATION: Pre-registration to: *"Lima Run 'N Jog"*, 21662 Buckland Holden Rd, Lima, OH 45806
Race day registration and packet pick-up at the ***Wingate Inn*** 12:30 pm to 1:30 pm.

ENTRY FEE:
$23.00 Pre-Registered - Includes *Moisture Management* T-shirt (**postmarked by April 1st**)
$8.00 Pre-Registered - No shirt (**postmarked by April 10th**)
$25.00 Day of Race - Includes *Moisture Management* T-shirt - ***while supplies last***.
$10.00 Day of Race - No T-shirt
Lima Run 'N Jog Members deduct $2.00. Membership form is available on www.limarunnjogclub.com

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 / Large Trophies
Top 3 Male and Female Age Groups / Unique Trophies

NOTICE: Award winners are responsible for collecting awards. Contact the race director if you leave before the presentation. No duplication of awards. **All door prizes donated by generous sponsors. Must be present to win.**

OTHER:
One water stop, refreshments afterwards, and restrooms available.
Walkers are welcome.
Questions contact Susie Motter at 419-568-7255 or limarunnjog@hotmail.com

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Please Print Clearly

Name: _____

Address: _____

Email: _____

Sex (circle one): M / F 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 compete the run. I assume all risks associated with running in this event including by 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, all such risks being known and appreciated by appreciated by me. 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, Lima YMCA, ACERT, 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