

Hang 10 on 10-10-10

10K Run, 10:00AM, Sunday October 10, 2010

Spirit of '76 Shelter, Lunken Playfield, Cincinnati OH



- **PRE-REGISTRATION: \$10.10.** Long Sleeve T-shirts: \$10. Register online at www.cincinnati-running.com. Ends Monday, October 4, 2010.
- **RACE DAY REGISTRATION: \$20.** Long Sleeve T-shirts \$10 on race day.
- **POSTRACE** – Food, music, awards and 10 door prizes following the race.
- **DIRECTIONS: From Cincinnati:** Take Columbia Parkway to the Beechmont Avenue Ramp. Right on Wilmer. Lunken Playfield is on the left.
From the North: Take I-71 to Exit 9 (Fairfax/Red Bank Rd). Stay on Red Bank until it ends at Wooster Pike. Turn right on Wooster. Turn Right on Beechmont Circle. Turn Right on Wilmer. Lunken Playfield is on the left.
- **COURSE:** 10K Course around Lunken Playfield and Golf Course.
- **AWARDS:** Top 2 Male and Top 2 Female runners overall. Top 10% of each division based on pre-registration. Male and Female Divisions: Runners: 18 & under, 19-29, 30-39, 40-49, 50-59, 60-69, 70 & over.
- **RESULTS** - Posted at www.cincinnati-running.com.
- **INFO** - Visit www.cincinnati-running.com or contact us at 513.451.2587 or cincinnati-running@gmail.com.

Name: _____

Address: _____

City/State/Zip: _____

Phone Number: _____ Email: _____

Age (as of race date): _____ Sex: M | F T-shirt size (circle one): S M L XL

Enclosed is: \$10.10 Pre-Registration \$20.10 Pre-Registration + Long Sleeve T-Shirt
 \$20 Race Day Registration \$30 Race Day Registration + Long Sleeve T-Shirt

Make Checks Payable / Mail to: Runners' Club of Greater Cincinnati
 PO Box 8761
 Cincinnati, Ohio 45208
 Attn: Hang 10 on 10-10-10

On behalf of myself, my heirs, executors, estate, successors, and assigns, I hereby release the Runners' Club of Greater Cincinnati, Road Runners' Club of America, Cincinnati Recreation Commission, City of Cincinnati, all club and race sponsors, affiliates, managers, coordinating groups, volunteers and all other individuals, groups, and entities associated with this event, as well as their affiliates, agents, employers, directors, officers, and members, from all claims which may arise from or as a result of my participation in the Hang 10 on 10-10-10. In consideration of the acceptance of my entry and my participation in this event, I understand and agree that I give this release to the full extent permitted. I certify that I am physically fit and able to participate in this event, and agree to assume all risks of my participation. I understand and agree that my name and picture or photograph of my participation in this event may be used for results and publicity purposes. I HAVE NOTED ANY MEDICAL CONDITION ON THE BACK OF THIS FORM.

Signature of Participant: _____ Date: _____

Signature of Parent or Guardian, if Under 18: _____ Date: _____

Emergency Contact: _____ Phone Number: _____