



# MEMORIAL DAY RACE 34

**5K Run/Walk, 9:00AM, Monday May 31, 2010**  
**Otto Armleder Memorial Park, Cincinnati OH**



- **PRE-REGISTRATION: \$10- General Public, \$7 - Runners' Club of Greater Cincinnati (RCGC) Members/Age 21 & Under.** Technical Race T-shirts: \$10. Register online at [www.cincinnati-running.com](http://www.cincinnati-running.com). Ends Monday, May 24, 2010.
- **RACE DAY REGISTRATION: \$15 - No Discounts.** Technical Race T-shirt: \$15 on race day.
- **POSTRACE** – Food, music, awards and door prizes following the race.
- **DIRECTIONS: From Cincinnati:** Take Columbia Parkway to the Beechmont Avenue Ramp. Right on Wilmer. Right on Beechmont Circle. Left on Wooster Pike. Park entrance is on the right just before US Bank Building. **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. Park Entrance is 1.4 miles on the left just after US Bank Building.
- **COURSE:** Spectator friendly flat, fast USATF certified 5K (3.1 miles) course in park and on paved trail.
- **AWARDS:** Top 3 Male and 3 Female runners. Top 10% of each division based on pre-registration. Male and Female Divisions: Runners: 14/under, 15-18, 19-24,25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64, 65-69, 70+. Weight Divisions: 215+; Walkers: Overall Male and Female, Open (40 and Under), Masters (40-59) and Legends (60+).
- **RESULTS** - Posted at [www.cincinnati-running.com](http://www.cincinnati-running.com).
- **INFO** - Visit [www.cincinnati-running.com](http://www.cincinnati-running.com) or contact us at 513.451.2587 or [cincinnati-running@gmail.com](mailto:cincinnati-running@gmail.com).

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Age (as of race date): \_\_\_\_\_ Sex: M | F Runner | Walker | 215+ T-shirt size (circle one): S M L XL

Enclosed is:  \$10 Pre-Registration  \$20 Pre-Registration + Technical Shirt

\$7 RCGC Members/ Age 21 & Under  \$17 RCGC Members/ Age 21 & Under + Technical Shirt

Make Checks Payable / Mail to: Runners' Club of Greater Cincinnati  
PO Box 8761  
Cincinnati, Ohio 45208  
Attn: Memorial Day Race

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, Hamilton County Park District, 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 Memorial Day Race. 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: \_\_\_\_\_