

FRANTIC FINISH FIVE K

RACE DATE Wednesday, May 7, 2008 6:30 p.m. *(Deadline for pre entry, May 5)*

SPONSOR TOLEDO ROADRUNNERS

PLACE Olander Park, Sylvania, Ohio

COURSE 5 K Certified. Residential neighborhoods adjacent to the park

AWARDS Time graded top fifty finishers

ENTRY FEE Pre entry: \$4.00 members, \$6.00 nonmembers
Late entry and race day: \$6.00 members, \$8.00 nonmembers

RACE DIRECTOR Todd Germana 419-882-8624
tbg28@yahoo.com

The 5K out and back course will be run outside the park through residential neighborhoods. The usual post race club meeting, awards and feeding frenzy will be held in the Olander Lodge.

The race will be time graded with a staggered start. Slower runners will start first followed by faster runners grouped according to previous times. Theoretically, runners will finish at approximately the same time. Each runner will be required to state their **best** 5K time from the preceding year (approximately May 2007 through May 2008.) In the event you haven't raced a 5K in the last year give your **best** 10k time. If you haven't raced a 10K, give the time and distance you have raced in the space provided. We will convert all race times to 5K times using a standard race time conversion chart. There will be no age group or sex division awards. Awards will be determined by overall place only.

Whether you run, eat, or both, the price is the same. Any guests that you bring would be charged the appropriate member or nonmember fee. Remember, if you do not have a family membership, then any member of your family you bring is considered a nonmember.

NAME _____ PHONE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

BEST 5K TIME *(WITHIN LAST YEAR)* _____ **OTHER** *(GIVE BEST TIME AND DISTANCE)* _____
5K time is preferred, use other times only if you have not run a 5K within the last year (May 07) thru May 08)

MEMBER? YES ___ NO ___ NUMBER OF GUESTS: MEMBER _____ NONMEMBER _____

Make checks payable to: The Toledo Roadrunners and mail to: Todd Germana, 6710 Gaines Mill Dr. Sylvania, OH 43560

Entries must be postmarked by May 4. NO TELEPHONE REGISTRATION PLEASE!

In consideration of your acceptance of this entry, I hereby for myself, my heirs, executors and administrators waive and release all rights for claims and damages I might have against the Toledo Roadrunners, the race directors, Olander Park and the city and township of Sylvania for any and all injury or damage resulting from participating in the above event. I am in proper physical condition to participate in this event.

Signed _____
(Parent or Guardian if under 18)