

# HAPPY TRAILS

Proceeds from the Happy Trails 5K will fund maintenance and improvements to Metroparks trails.

Trails are the number one reason people visit the Metroparks.

Metroparks manages more than 100 miles of trails ranging in length from less than a half-mile to the 16 mile hiking trail at Oak Openings Preserve. In addition to the paved or stoned all-purpose trails and unpaved nature trails within the parks, there are three trail corridors.

- Race Day, June 19, 2010, 9 a.m., Wildwood Preserve Metropark
  - Registration, race packet pick-up June 16, 17 and 18 at Metroparks Hall, Wildwood Preserve 10 a.m. to 7 p.m.
  - Race day registration and race packet pick-up, Saturday, June 19, 2010, 7 to 8:30 a.m. at Start Line
  - Race starts at 9 a.m. at Wildwood Preserve
  - Maps of the course are available online at [MetroparksToledo.com](http://MetroparksToledo.com)
  - Practice course available after May 31.
  - 5K certified course, chip timing
  - Awards for the top three male and female finishers in the following age groups: 10 and under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 and older.
  - No award duplication.
- Prizes awarded to:
- Overall female
  - Overall male
  - Master male winner (age 40-49)
  - Master female winner (age 40-49)
  - Senior male winner (age 50 and over)
  - Senior female winner (age 50 and over)

Metroparks of the Toledo Area  
5100 West Central Avenue  
Toledo, OH 43615-2106



PARAMOUNT



TOLEDO



## Metroparks 6th Annual Happy Trails 5K Race/Walk

June 19, 2010, 9 a.m.  
Wildwood Preserve Metropark

Rain or Shine—No Refunds

### Supporting Sponsors:

- The Andersons
- Chipotle Mexican Grill
- Dave's Running Shop
- 7UP Bottling Group of Toledo
- Paramount Health Care
- ProMedica Health System
- Runners World
- Toledo RoadRunners Club

For more information, call 419.407.9700  
or register online at: [MetroparksToledo.com](http://MetroparksToledo.com)



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Mail entry form(s) and payment to :  
Metroparks of the Toledo Area

5100 W. Central Ave.  
Toledo, OH 43615-2100

Deadline for advance registration  
is June 14, 2010



**METROPARKS**  
T O L E D O A R E A  
*Your Clean, Safe, Natural Places To Be*

## A FORM MUST BE COMPLETED FOR EVERY PARTICIPANT Or, register online at [MetroparksToledo.com](http://MetroparksToledo.com). No telephone entries.

Please print neatly and fill out completely. (Entries without age and gender will not be eligible for age group awards.)

Name of Entrant: First       Last

Street Address:

City:       State:   Zip:

Phone:       Age:       Date of Birth:       Male  Female

E-mail:

\_\_\_ Early Registration \$18 before June 14, to guarantee T-shirt size.

Adult shirt size: S  M  L  XL  XXL  Unless noted, t-shirt will be a large. Runner  Walker

\_\_\_ Special Family Entry Fee \$65.00, (4 or more family members.) Mail in preregistration only. A separate entry form must be filled in for each family member and submitted together.

\_\_\_ Registrations (after June 14) or Race Day Registration \$25 (race day registrants receive T-shirts while supplies last)

\_\_\_ Check enclosed (payable to Metroparks of the Toledo Area)

Credit card: Mastercard  Visa  Credit card number:

Expiration date     CVV2    Extra 3 digit number on back of credit card

### ASSUMPTION OF RISK ACKNOWLEDGMENT: WAIVER AND RELEASE READ CAREFULLY BEFORE SIGNING

I acknowledge that I am in proper physical condition to participate in this event. I fully understand and appreciate that I am voluntarily participating in an activity that may present a significant risk of injury, damage and/or liability and acknowledge by my signature below that such risks are being assumed by me. In consideration of your acceptance of this entry, I, on behalf of myself, my heirs, assigns, guardians and legal representatives hereby agree that I will not make a claim against the Toledo RoadRunners Club, Metropolitan Park District of the Toledo Area, program sponsors or any of their affiliated organizations, board, board members, agents, officers or directors collectively or individually, employees, and/or volunteer workers, for injury or death to me or damage to my property, however caused, arising from my participation in this event. Without limiting the generality of the foregoing, I hereby waive and release all claims, damages, actions, or causes of action resulting in personal injury or death to me, or damage to my property, sustained in connection with my participation in this event. I further consent to the use by the Metroparks and/or person(s) authorized by them of any photographs, recordings, interviews, videotapes, motion pictures, or similar visual recording of me.

I have read and understand the above.

Entrant's signature \_\_\_\_\_ Date \_\_\_\_\_ Parent/Guardian's signature \_\_\_\_\_ Date \_\_\_\_\_  
(if entrant is under 18)