

Get Fit Glendale 5K Walk/Run

July 30, 2011

9 am

Event Schedule: Events to begin at 9 am.
5K Run
5K Walk
Kids Race (following the 5K)
Awards Ceremony (following the kids race)

Course: Starts at the Glendale Village Square and ends on Greenville. Course winds throughout Historic Glendale. See www.hwbcommunitycenter.org for map.

Registration: Pre-Registration: \$20 pre-registration postmark by 7/15/11. Packet Pickup and Race Day Registration: \$25 Race day registration Saturday July 30, 2011 7:30 – 8:45 am at HWB Community Center 34 Village Square Glendale, OH, 771-0333. No registration required for the kids race.

Make checks payable to:
HWB Community Center
34 Village Square
Glendale, OH 45246

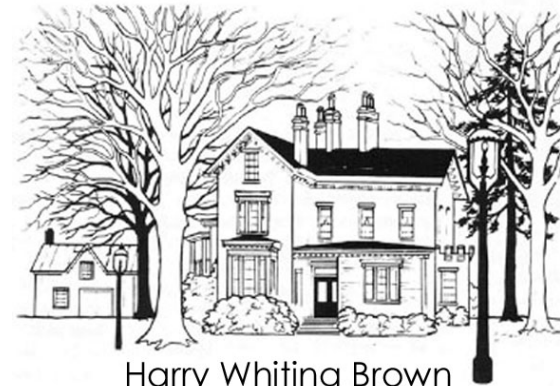
Awards: Awards will be given in the following categories:
Top three overall finishers for females/males
Top finisher in each age category for females/males:
10&under, 11-15, 16-29, 30-39, 40-49, 50&over

Results: Online at www.hwbcommunitycenter.org

Directions: From I-75 Sharon Rd (exit #15), one mile west across the railroad tracks, follow the signs to the Village Square. From Tri County Mall, one mile south on Congress (Rt 747), turn left on Sharon, follow the signs to the Village Square.

Rafey Chiropractic will offer stretching and chair massages for the participants of the race and will offer a variety of information on health and wellness.

To benefit
HWB Community Center



Harry Whiting Brown
Community Center
www.hwbcommunitycenter.org

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Harry Whiting Brown Community Center
34 Village Square
Glendale, OH
www.hwbcommunitycenter.org
513-771-0333

Get Fit Glendale Walk/Run Official Race Entry

Please complete the following registration form for each participant and mail with your \$20 registration fee to HWB Community Center 34 Village Square Glendale, OH 45246. Day of race registration is \$25. Make checks payable to HWB Community Center

Name: _____

Address: _____

City: _____ State: ____ Zip: _____

Phone: _____

Email: _____

Age (on 7/30/11): _____

Sex: M F

Event: 5K Run 5K Walk

Waiver: In consideration of the acceptance of my entry, I hereby waive on behalf of my heirs, executors, and assigns, all claims of any nature arising from my participation in the Get Fit Glendale 5K Run and Walk, and do hereby release Harry Whiting Brown Community Center, The Village of Glendale, USATF and all sponsors, workers, officials, and volunteers from any claim whatsoever arising from my participation in this event. I agree to abide by all the rules for participation, and acknowledge that the Race Committee may refuse or return my entry at its discretion. I understand the risks for such an event, and have trained adequately in preparation.

Signature: _____

Date: _____

Parent's Signature (if under 18):

Emergency contact: _____

Phone: _____

Medical conditions:

