

**Knights of Columbus
12th Annual Run/Walk
5K (3.1 Miles) at CRC
Lunken Playfield**



Former DD 12

Saturday, Dec. 19, 2009 10:00 AM.

LOCATION: Runners and walkers will have access to the Carl and Edyth Lindner Family Tennis Center for pre-race and post race activities. This wonderful facility will provide a warm atmosphere for a great event, refreshments and your great performance.

TIME AND LOCATION: CRC Lunken Playfield
8:30 a.m. Registration Opens
10:00 a.m. 5K Run & Fitness Walk
11:00 a.m. Awards Ceremony

COURSE DESCRIPTION: The flat fast course will begin near the Carl and Edyth Lindner Family Tennis Center at CRC's Lunken Playfield. Runners and walkers will head around the bike trail to a turnaround and circle back to the start along the same route.

ENTRY FEES:
\$10 Pre-registration \$12 Race day registration
\$10 T-shirt option \$13 T-shirt on race day
OR REGISTER ONLINE: www.racedmc.com

AWARDS: Top 15% of each division based on the pre-registration. Also, special awards to the first male and female runner overall.

RACE CATEGORIES: Men and Women: 14/under, 15-16, 17-18, 19-24, 25-29, 30-34, 35-39, 40-49, 50-54, 55-59, 60-64, 65-69 70-79, 80/over. **Weight:** Men 200-219 lbs., 220/over; Women 160/over lbs. **Fitness Walkers:** 29/ under, 30-39, 40-49, 50-59, 60/over.

Deadline for pre-registration is Saturday, 8 days before the event.

RACE RESULTS: Complete results online at: www.racedmc.com

INFORMATION: Call Don or Carol Connolly at 474-1399 or visit their web site for flyers, results, schedule, links and to register online: www.racedmc.com

DIRECTIONS:

- Turn off Columbia Parkway onto the Beechmont Levee. Turn right on Wilmer.
- From downtown Cincinnati, take I-471 to I-275 East, take the Coney Island Exit, turn left (west) on Kellogg and right on Wilmer.

PARKING: Plenty of free parking at Lunken Playfield.

OFFICIAL ENTRY BLANK or REGISTER ONLINE: www.racedmc.com

Name _____ Sex _____ Age on race day _____
Address _____ Phone _____
City _____ State _____ Zip _____

THE FOLLOWING RELEASE MUST BE SIGNED: Inconsideration for the acceptance of my entry, I, for myself, my executors, administrators and assignees do hereby release and discharge The Knights of Columbus, Cincinnati Recreation Commission, Don Connolly Inc., and all sponsors and individuals assisting in the presentation of Noel Run from all claims of damages, demands and actions whatsoever in any manner or growing out of my participation in this event. I hereby attest and verify that I have full knowledge of the risks involved in this race, that I assume and pay my own medical and emergency expenses in the event of accident, illness or other incapacity, regardless of whether I have authorized such expenses, and that I am physically fit and sufficiently trained to participate in this race.

MAKE CHECKS PAYABLE TO:	NOEL RUN 5643 Harvest Ridge Drive Milford, Ohio 45150
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Circle one:

Run
Fitness Walk
Run Weight M 200-219
Run Weight M 220/over
Run Weight W 160/over
____ \$10 Pre-registration
____ \$20 Pre-reg. w/ T-shirt

T-Shirt (circle one):
XXL XL L M S

Entry Signature _____ Date _____

Parent's Signature (required if entrant is under 18) _____ Date _____

In case of medical emergency contact: _____ Phone _____