



4th Annual
Cavalier 5K Walk/Run

Saturday, March 7, 2009 - 9:00 a.m.

Purcell Marian High School



THE COURSE: Enjoy a run through historic and beautiful O'Bryonville and East Walnut Hills. The route will start and end at PMHS. *To see a map of the course go to www.racedmc.com.*

THE CAUSE: Support of the Athletic Department and educational and extracurricular events sponsored by the Parent Teacher Organization (Parents Plus Program). A donation will also be made in memory of Fred Costa III.

RACE MARSHALS:

Fred Costa, Jr. (Purcell 1950 - father of Fred Costa III) & Talk radio personality **Mo Egger** of 1530 HOMER

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

RACE CATEGORIES:

Men and Women runners: 11/under, 12-14, 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 200-219lbs, 220lbs/over; Women 160lbs/over

Men and women walkers: 29/under, 30-39, 40-49, 50-59, 60/over

COOKOUT FOR ALL: There will be a cookout for all paid participants at the end of the race.

REGISTRATION:

- Pre-registration is \$15 for race only or \$20 with race T-shirt . **Deadline for pre-registration is Friday, February 27, 2009.**
- Registration the day of the event is \$20 for race only or \$25 with race T-shirt.
- Registration begins at 7:30 a.m. in Alumni Hall inside the South Entrance to Purcell Marian.
- Registration forms are also available at www.purcellmarian.org or www.racedmc.com.
- On-line registration available at www.racedmc.com

DIRECTIONS:

- From I-71 take the Dana Ave. exit.
- Once on Dana head east toward Madison Rd.
- Turn right on Madison Rd. (traffic light)
- Follow Madison Rd. approximately 1-2 miles to Hackberry St.
- Turn right on Woodburn. The school will be on the right.

PARKING: Free parking is available in the school lot off Woodburn behind the school.

RACE RESULTS: Complete results will be available online the same day at www.racedmc.com

INFORMATION:

Call Tom Stickley, Purcell Marian Athletic Director, at (513) 487-3122.

CAVALIER 5K Walk/Run

Official Pre-registration Form

Please print

Name _____

Street _____

City/State/Zip _____

Daytime Phone _____

Evening Phone _____

E-mail _____

Sex: Male Female

Age (as of 3/07/09) _____

Purcell Marian Alum? Yes No

Category(check one):

- Runner
- Run Wt. Men 200-219
- Run Wt. Men 220/over
- Run Wt. Women 160/over
- Walker

Enclosed is

- \$15 Pre-registration \$ _____
- \$5 t-shirt \$ _____
- \$25 sweatshirt \$ _____
- donation to

Purcell Marian High School \$ _____

Total Enclosed: \$ _____

T-shirt size (circle one if you ordered a t-shirt):

Adult: S M L XL XXL XXXL

Youth: M L

Sweatshirt size (circle one if you ordered a sweatshirt):

Adult: S M L XL XXL XXXL

Youth: M L

Be sure to sign the waiver on the other side!

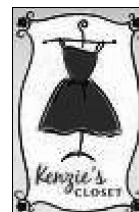
sponsored by _____

National City® **Cincinnati Bell**™
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In memory of
Jim Berlage

MSA
 MICHAEL SCHUSTER ASSOCIATES



Cincinnati
 Sports
 Medicine
 & Orthopaedic
 Center

INTEGRA Realty Resources
 CINCINNATI/DAYTON
 Local Expertise...Nationally

CAVALIER 5K Walk/Run

Official Pre-registration Form
continued

List medical conditions: _____

In case of emergency contact:

Phone: _____

Referred by: _____

WAIVER: In consideration for the acceptance of my entry, I, for myself, my executors, administrators and assignees do hereby release and discharge Purcell Marian High School and all sponsors and individuals assisting the presentation of the Cavalier 5k Walk/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 or whether I have authorized such expenses, and that I am physically fit and sufficiently trained to participate in the race.

Signature

Name Date

Signature of parent if under 18

**Pre-registration must be postmarked
by Friday, February 27, 2009.**

Mail this completed form to:
Purcell Marian High School
2935 Hackberry Street
Cincinnati, OH 45206
Attn.: Tom Stickley, Athletic Director

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2935 Hackberry Street
Cincinnati, OH 45206



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Saturday, March 7, 2009
9:00 a.m**

**Purcell Marian High School
2935 Hackberry Street
Cincinnati, OH 45206**



**The 2009 5K will also be
a Memorial Run for
Fred Costa III
(PMHS Class of 1986)**

*An avid runner and volunteer
at race events in Cincinnati
who collapsed while running*

the NYC marathon and died on Nov. 13, 2008

PM PURCELL MARIAN HIGH SCHOOL
Home of the Cavaliers