

31st Annual Mercy Metric 10K Run & 5K Run/Walk

Monday, September 7, 2009
Lunken Playfield – Cincinnati, Ohio
5K – 8:30am; 10K - 8:35am

Proceeds benefit the Mercy Montessori after school sports program



Sponsored by:

accenture



10K AND 5K RUN CATEGORIES: *Men & Women:* 18/under, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70/over. **Weight:** Men: 200-219lbs., 220 lbs/over. Women: 160lbs/over. 10K participants must finish under 70 minutes.

5K FITNESS WALKERS: 29/under, 30-39, 40-49, 50-59, 60/over. Fitness Walkers must walk the entire distance. Any participant who anticipates running part of the event must enter as a runner.

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

ENTRY FEES:

Pre-registration: \$12; With t-shirt: \$20

Race day registration: \$15; With t-shirt: \$25

DEADLINE FOR PRE-REGISTRATION is Monday, August 31st.

RACE DAY NUMBER PICK-UP: Registration and pre-registered number pick-up at shelter house next to the tennis courts starting at 7:00 am.

REFRESHMENTS: After the race.

RACE RESULTS: Online at www.racedmc.com

FUN RUN: No registration, no entry fee, ribbons to all participants.

10K COURSE: This USATF Certified Course starts by the shelter, do a loop to the end of the parking lot, proceed onto the Bike Path by the shelter and follow the Bike Path clockwise to Airport Road, cross Airport Road and continue on to finish at the shelter where you started.

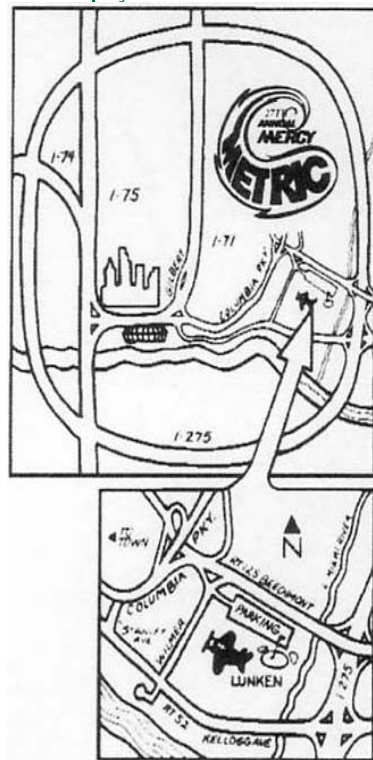
5K COURSE:

This USATF Certified Course starts by the shelter where you register, proceeds out onto the Beechmont Levee to turnaround and returns along the same route.

PARKING: Plenty of free parking at Lunken Playfield.

DIRECTIONS: Turn off Columbia Parkway onto the Beechmont Levee. From downtown Cincinnati, take 1-471 to 1-275 East, take the Coney Island Exit, turn left (west) on Kellogg and right on Wilmer.

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



Register online at www.racedmc.com
or use Entry Blank (Only one entrant per entry blank. Please photo copy)

Sex ____ Age ____ (as of race day)

____ \$12 pre-registration

____ \$20 pre-registration plus T-shirt

- { 10K Runner
- { 10K Weight: ____ Men 200-219 ____ 220/over
- { 10K Weight: ____ Women 160/over
- { 5K Runner
- { 5K Weight: ____ Men 200-219 ____ 220/over
- { 5K Weight: Women 160/over
- { 5K Fitness Walker

Name _____

Address _____

City _____ State _____ Zip _____

Day Phone _____ Evening Phone _____

Circle T-shirt Size:
S M L XL XXL

MAKE CHECKS PAYABLE TO:
Mercy Metric
P.O. Box 54424
Cincinnati, OH 45254-0424

THE FOLLOWING RELEASE MUST BE SIGNED: In consideration for the acceptance of my entry, I, for myself, my executors, administrators and assignees do hereby release and discharge all sponsors, Accenture, Don Connolly Inc., Paycor and individuals assisting in the presentation of Mercy Metric 10K Run and 5K Run/Walk 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.

Participant's Signature _____ Date _____

Parent's Signature (required of all entrants under 18) _____ Date _____

In case of medical emergency, contact _____ Phone _____