

FAIRFAX DAY 5K

5K RUN AND WALK

(3.1 miles) **SATURDAY, JULY 10, 2010 8:30 A.M.**

Start and Finish: Municipal Building, Fairfax

PROCEEDS TO Fairfax Recreation Department. SPONSORED BY Village of Fairfax.

DIRECTIONS:

- Take Columbia Parkway (Route 50) out of downtown Cincinnati and follow Columbia Parkway into Fairfax. Turn left on Southern (just past Frisch's) and right on Hawthorne.
- From I-275, take the Route 32 West Newtown exit and turn right at the 3rd light (UDF on corner) in Newtown and go over the bridge. Turn left coming off the bridge and follow route 50 past Mariemont into Fairfax. Turn right on Southern and right on Hawthorne.

COURSE:

The run and walk begins and ends at the corner of Hawthorne and Germania. Go west on Hawthorne, right on Southern, right on Elder, left on Watterson, left on Bancroft, right on South Wetzel, right on Murray, right on Belmont Avenue, and right on Hawthorne. Repeat this loop and finish where you started. This flat to rolling course winds around the scenic village of Fairfax. Course is USATF certified.

RACE CATEGORIES:

Men and Women: 16/under, 17-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70/over.

Weight: Men 200-219, 220/over; Women 160/over.
Fitness Walkers: 29/under, 30-39, 40-49, 50-59, 60/over.

AWARDS:

To the first overall male and female. Awards to the top 15% in each division based on pre-registration.

ENTRY FEES: \$ 9 pre-registration
\$ 8 pre-registration T-shirt
\$12 race day registration
\$ 9 T-shirt on race day

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

RACE RESULTS:

Online at www.racedmc.com

INFORMATION:

Call Don or Carol Connolly, race directors, 474-1399 or visit their website at www.racedmc.com for flyers, results, schedule, links and online registration.

REFRESHMENTS will be provided after the race.

FUN RUN:

A short free fun run for kids with ribbons to all finishers.

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

Sex _____ Age (on race day) _____

\$ 9 pre-registration

\$17 pre-registration plus T-shirt

Circle shirt size: M L X XX

Age division runners only

Weight: ___ Men 200-219

___ Men 220/over

___ Women 160/over

Fitness Walker

Name _____

Address _____

City _____ State _____ Zip _____

Day Phone _____ Evening Phone _____

**MAKE CHECKS PAYABLE TO: Fairfax Day 5K
AND MAIL TO: 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 Don Connolly Inc., Village of Fairfax, and all sponsors and individuals assisting in the presentation of Fairfax Day 5K Run and 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 (required of all entrants under 18) _____ Phone _____