



Mariemont 5K Run and Walk

Sunday, May 30 2010; 9:00 a.m.



----- SPONSORED BY: -----



Proceeds to benefit The Mariemont Preservation Foundation.

Start and Finish: Mariemont High School

A great time for the entire family.

DIRECTIONS: Take Columbia Parkway (Route 50) out of downtown Cincinnati and follow Columbia Parkway through Mariemont. Turn left on Pocahontas and quick right into High School drive. From I-275, take the Route 32 West Newtown exit and turn right at Church Street/Newtown Road (UDF on corner) in Newtown and go over the bridge and turn left coming off the bridge and follow Route 50 into Mariemont. Turn right on Pocahontas at the library and a quick right into High School drive.

COURSE: The run and walk begins and ends at the Mariemont High School. After start going down High School drive, turn north on Pocahontas, west on Rembold, south of Petosky, west on Miami Bluff, east on Mariemont, Mariemont becomes Mt. Vernon, north on Petosky, east on Rembold, south on Pocahontas, and return via the High School drive to the High School track. This flat course winds around the scenic village of Mariemont. Course is USATF certified.

RACE CATEGORIES: Men and Women: 13/under, 14-16, 17-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70/over.

Fitness walkers: 29/under, 30-39, 40-49, 50-59, 60/over.

Weight: Men 200-219, 220/over; Women 160/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

\$12 race day registration

\$18 pre-registration & T-shirt

\$11 T-shirt on race day

Deadline for pre-registration is Monday, May 24, 2010

INFORMATION: Call Don or Carol Connolly, race directors, 474-1399 or visit their website www.racedmc.com to register on line

REFRESHMENTS will be provided after the race.

FUN RUN: A short free fun run for kids with ribbons to all finishers will be held at 9:45 a.m.

OFFICIAL ENTRY BLANK

Register on-line at www.racedmc.com

Only one entrant per entry blank. Please photocopy for another entry.

SEX _____ AGE _____ \$9 pre-registration
as of 5/30/10
 _____ \$18 pre-registration plus T-shirt
 Circle shirt size: S M L XL XXL

_____ Age division runners only
 _____ Fitness Walker
 _____ Run Weight Divisions: _____ Men 200 – 219
 _____ Men 220/over
 _____ Women 160/over

Name _____
 Address _____
 City _____ State _____ Zip _____
 Day Phone _____ Evening Phone _____

MAKE CHECKS PAYABLE TO: Mariemont 5K Run
P.O. Box 54424
Cincinnati, Ohio 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 The Mariemont Inn, George Peck of Comey and Shepherd Realtors, Dr. Wnek, Greiwe Development, Don Connolly, Inc. and all sponsors and individuals assisting in the presentation of Mariemont 5 K 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 I am physically fit and sufficiently trained to participate in this race.

PARTICIPANT'S SIGNATURE _____ **DATE** _____

PARENT'S SIGNATURE _____ **DATE** _____

(required of all entrants under 18)

In case of medical emergency, contact _____ **PHONE** _____