



# IOTH ANNIVERSARY

Saturday, October 2, 2010

9:30 am

Lockport Mennonite Church  
Stryker, OH

**Registration Fee:** \$15.00 Pre-registration including t-shirt. Must be *received* by September 24, 2010  
\$20.00 after September 24<sup>th</sup> & Race Day - T-shirts NOT Guaranteed  
\$10.00 for Kids Fun Run with T-shirt / FREE for Kids Fun Run with **NO** T-shirt

**Start/Finish:** Lockport Mennonite Church, corner of Williams Co Road 21/N and Co Rd 22.75  
Courses - 5k (3.1 miles) on country roads.  
10k (6.2 miles) on country roads and trails in Goll Woods.  
Splits at 1 and 2 miles; water station at halfway point of 5k.

**Registration & Packet Pick-Up:** 8:30 am – 9:15 am Race Day inside Lockport Mennonite Church  
If you enter the **Walking Division** – **NO** running is permitted

**Awards/ Run & Walk** Top Overall Male and Female finishers & Top Three finishers in the following age groups: MEN: 10 and under, 11-14, 15-19, 20-29, 30-39, 40-49 50-59, 60-69, 70+  
WOMEN: 10 and under, 11-14, 15-19, 20-29, 30-39, 40-49 50-59, 60-69, 70+

**No Duplication of Awards**

**Door Prizes will also be drawn for participants – MUST BE PRESENT TO WIN**

**Kids Fun Run:** Kids 10 and under – 200 meter Fun Run **Race Starts at 9:15 am, prior to 5k/10k Start**  
Kids 11 and older – 1 Mile Fun Run **Race Starts at 9:30am WITH 5k/10k Start**  
All kids will receive a Finishers Award - Fun Run is FREE/\$10 with t-shirt – Reg/Waiver Req.

**Post Race:** Refreshments will be available for all runners and walkers.

**Questions:** Rachel Kinsman – 419-337-0915 or [rachel.kinsman@odh.ohio.gov](mailto:rachel.kinsman@odh.ohio.gov)

**FREE Blood Pressure Checks \* Blood Sugar Checks \* Heart Health Displays**

Results can be found at [www.fultoncountyhealthdept.com](http://www.fultoncountyhealthdept.com) following the race.

\*\*\*\*\*OFFICIAL ENTRY FORM\*\*\*\*\*

Make checks payable to *FCHD* and mail with entry form to: FCHD 606 S Shoop Ave, Wauseon, Oh 43567

Event:  5K Run  5K Walk  10 K Run

Shirt Size: YS YM S M L XL XXL

1 Mile Kids Fun Run  200 Meter Kids Fun Run

E-mail Address: \_\_\_\_\_

Name: \_\_\_\_\_ Age on October 2, 2010 \_\_\_\_\_ Sex : M F

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Waiver: In consideration of the acceptance of my entry in the "Bridging The Gap To Heart Health", I, the assigned, on behalf of myself, my heirs, executors and administrators and assigns, do hereby release and discharge volunteer help, organizers, sponsors and their representations, successors and assigns of all the foregoing from any and all claims, demands and causes of action arising from my participation in the "Bridging The Gap To Heart Health".

\_\_\_\_\_  
PARTICIPANT SIGNATURE (guardian signature if under 18)

\_\_\_\_\_  
DATE