

Up, Up and Away 5K

9:00 a.m. Saturday, August 19, 2006

Findlay, Ohio

1 mi. Fitness Walk @ 9:02 a.m. ½ mi. Tots Dash & 1 mi. Kids Fun Run @ 8:30 a.m.

Presented by **NWO Sports Medicine & the Findlay STRIDERS**

Proceeds to Benefit Hancock Special Olympics

Great T-Shirts for 5K runners while they last

Special Awards to (5K) 1st Male and 1st Female, 1st Male and Female Master

Awards given - at least three deep in each age group

Many door prizes (must be present to win) – including a 1 yr. membership @ the Findlay Family YMCA (new member only) Special prize for pre-registered 5K runners (overnight stay @ Country Inn & Suites, dinner & a movie)

Start and finish at the Balloon Festival. Arrive early to see the balloons fly. For more information about the Balloon Fest see FlagCityBalloonFest.com. No strollers, bikes, roller blades, pets, or skateboards allowed on the course. We will run rain or shine. Showers available at the YMCA.

Cost: 5K & fitness walk Pre-registration: \$15 w/ shirt or \$10 no shirt by Aug 14. Pre-register by mail (below) or online @ Active.com. After Aug 14 and Race day: \$20 w/shirt (if available) or \$15 no shirt **Fun Runs:** \$1 no shirt.

Race Location/Directions: Emory Adams Park. Findlay, OH. Take I-75 to Findlay to Main Street, then about one mile South of downtown on Main Street to Sixth Street. Then left (East) ½ mile to Blanchard Street, then right (South). Emory Adams Park is on the left (East) Side.

AGE GROUPS: 14 & UNDER, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, and 65 & over

Any questions contact: Bob Steinman at 419-365-5555 (bobrun@woh.rr.com)

PLEASE PRINT CLEARLY & DETACH

Up, Up, and Away 5K

Check one: 5K 1 mi. fitness walk Fun Run Payment amount \$ _____

Age (as of 8/19/06) _____ M _____ F _____ Shirt: S M L XL XXL (circle size)

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Email _____ (please print clearly - results sent to this address)

I hereby for myself or my executors in consideration of the acceptance of this entry, waive for myself and my heirs any and all claims for damages against the sponsors, their representatives, and all race officials, for all claims of injury growing out of participation in this event. I attest and verify that I am physically fit to participate and am aware of the possible hazards of running in this event.

Signature _____ Date _____

Under 18, parent or guardian's signature _____

Make Checks Payable to: Findlay Striders

Mail To: Findlay Striders, P.O. Box 1333, Findlay, OH 45839-1333