

## RACE DAY EVENTS

Course begins and ends at Amherst Steele High School, 450 Washington Avenue, Amherst, OH 44001.

### Registration & Check-in:

7:00 AM, Steele Gym Lobby

### Start Time:

1/4 Mile Fun Run: 8:00 AM

1/2 Mile Fun Run: 8:10 AM

5K Run: 8:30 AM

### Features:

5K Run; 1/2 Mile and 1/4 Mile Fun Run; walkers welcome!

T-shirts for first 120 paid entries

Door prizes for 5K participants

Post-race food and refreshments

## Awards

### 5K Run:

*Trophy to Overall, Master's, and Grand Master's Men's & Women's champions.*

*Medals to top 3 in each age group*

### 1/4 and 1/2 Mile Kid's Run:

*Ribbons to all finishers*

## T-Shirts

### 5K Run:

*First 120 paid entrants receive shirts.*

### 1/4 and 1/2 Mile Run:

*Entry is free; Kid's can purchase a Shirt for \$8 (pre) or \$10 (day of event) if they wish*

**Mailed entries must be received by Friday, July 22**

### Make checks payable to:

Comet Athletic Boosters

Attn: Amherst Running Festival

P.O. 408, Amherst, OH 44001

# AMHERST RUNNING FESTIVAL 5K

## Saturday, July 30, 2016

*Proceeds to benefit the Amherst Schools Cross Country teams*

## Entry Form

I hereby understand that upon my entry into the Amherst Running Festival 5K, 1/2, or 1/4 Mile Run, I waive any and all claims for damages that I may have against Amherst Schools, City of Amherst, or anyone involved in the production of this race, regarding any and all injuries suffered by me while running, traveling to or from, or participating in this event, for myself, my heirs and/or assignors.

Signature \_\_\_\_\_

(Parent/Guardian if under 18)

Name: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M F

Address: \_\_\_\_\_

City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

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

### Entry Fees (NO REFUNDS): (Please check one)

Event	Pre-Registration	Day of Registration
<input type="checkbox"/> 5K Run (open to all)	\$15.00	\$20.00
<input type="checkbox"/> 1/2 Mile Kid's Run (8th grade & under)	Free	Free
<input type="checkbox"/> 1/4 Mile Kid's Run (4th grade & under)	Free	Free
<input type="checkbox"/> T-Shirts (if kids wish to order)	\$8.00	\$10.00

### Shirt Size (please circle one)

Race Shirt Sizes: YM YL S M L XL XXL

I do not want a T-Shirt

**Age Groups:** 11 & under 12-14 15-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70 & Over