Hello field and track family, welcome to the very run inviting month of May. No excuses about training now... lets get it on!!

Here is the scoop on the Classic...since mid March I have been bouncing emails with CoachO, trying to get the online registration prepared to go online. At this point, I am pretty happy with that process. In the future, only the date and or events added or deleted should have to be updated. However, I wouldn't have it place online on the CoachO meet schedule or linked up to our website until I officially talked with Claude Holland. This happened this past week. Thus, I have contacted CoachO and they have notify me that the Classic is posted on their meet schedule. Bottom line - the Classic is up and online before you all receive this newsletter. July 19th is the date. We need to make this work. Please invite everyone you know. It is posted on CoachO.com and we shall have meet info on our website as well. It should be noted that the entry form will have a link to our website. Also, there is an additional option to mail in your entry info.

On the same thought path, I am looking to send out a major email notification invitation to most of the area youth summer club teams within a week of us posting online

RELAYS – Ladies, I have 2 female parents that want to run on a 4x1 (and possibly 4x2) relay/s. Where are our female runners at? They would like to impress their own children at the June 15th meet that my youth club is hosting. They are around 30 yrs old, but more importantly they want to get their toes wet and I volunteered our fine upstanding females to usher them along. Don’t let me down. chipluvs2run@aol.com or 216-322-2688.

Fellows, we still are looking for some competitive 400 meter runners of all ages. We have the ability to do some real damage on the relay front, but we gotta have 4-5 competitive relay legs to do it. We can do this! 56 seconds and under is the standard.

Meets – Please write on your schedules...the Masters Championships in early August. The Unified-N-Flight Midwest Invitational Sunday, June 15th 2008 go to unifiednflight.com. OUR Cleveland Classic July 19th 2008 go to coachO.com.

Also, I must mention the passing of Mr. Kenneth Mcnair, he was a teammate of mine at Baldwin Wallace College. He died a couple of weeks ago. He had Leukemia, he was 45. He ran the 100m/200m and the 400m relay. He was a 2 time NCAA All American. Very occasionally he strided the 4x4, of which he surprisingly hated.

Run Fast...chipJ

Welcome to our newest members! Geeya Gibson, a sprinter from Cleveland Heights, and Don Ragon, a multi-eventer from North Canton.
RESULTS
Jon Bixler
- St. Malachi 5 mile - March 15-35:59-1st
- Akron Canal Park 5k - March 29-21:30-1st
- Chardon Sap Run 5 miles - April 13-37:02-1st
- Hermes Downtown 5k - April 26-21:03-1st

Joyce Prohaska
- Jack Hazen Open - April 5-3000 Racewalk-18:03

We hope to have info on Spokane in our June newsletter. Start thinking about relays.

SCHEDULE
- May 18 - Masters 15k National Racewalk Championship - Riverside, CA
- May 24 - Tri-County Senior Games
- May 31 - Northeast Ohio Senior Games
- June 7 - Indiana USATF - Indianapolis
- June 14 - Indiana Sr. Games - Carmel
- July 12 - Ohio USATF
- July 19 - Michigan Masters
- July 19 - Cleveland Track Classic
- August 7-10 - National USATF Masters Championships - Spokane, WA

Send Newsletter info to:  
Jeff Gerson  
5091 Hickory Drive  
Lyndhurst, OH 44124

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Chip Johnson
VP Programs
Vince Walls
VP Banquet
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Relays (Women)
Chip Johnson 216-382-8250
Relays (Men)
Chip Johnson 216-382-8250
Race Walking
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Youth Coach
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T/F Consultant
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Outdoor Practice
Jeff Gerson 440-473-0636
T/F Consultant
Paul Williams 440.605.1811
Norman Thomas 330.425.8219
West Side
Bob Thomas 440.899.3599
Coordinators
REGISTRATION FORM

APRIL 19-MAY 24, 2008

"Promoting healthy lifestyles for seniors through fitness and sports"
2008 TRI-COUNTY SENIOR OLYMPICS
GENERAL INFORMATION

PROCEDURES FOR REGISTERING

1. Complete all pages of the Registration Form.
2. SIGN THE LIABILITY WAIVER ON THE REGISTRATION FORM!
3. Indicate the Special Events (Opening Ceremony and Social Banquet) that you plan to attend.
4. Make check or money order for the total amount (do not include on-site fees) payable to:
   TRI-COUNTY SENIOR OLYMPICS/UNIVERSITY OF AKRON
5. The Registration Fee is $15 and entitles you to enter two sports. Example: Swimming and Track & Field are considered one sport each. Additional sports are $10 each.
6. Banquet of Champions is free for the athletes. Guests are invited for a modest charge of $10 for each. Space is limited.
   You must register to attend this event!
7. Send completed Registration Form and Fees to:
   TRI-COUNTY SENIOR OLYMPICS
   INSTITUTE FOR LIFE-SPAN DEVELOPMENT/GERONTOLOGY
   ARTS AND SCIENCE BUILDING—340
   UNIVERSITY OF AKRON
   AKRON, OH 44325-4307 (It is very important that you use the complete Zip Code)
8. REGISTRATION MUST BE POSTMARKED TWO WEEKS BEFORE YOUR FIRST EVENT. THE LATE REGISTRATION FEE IS $25. If you have problems, call 330-972-7243.
9. NO ON-SITE REGISTRATION for any event.

ELIGIBILITY REQUIREMENTS

AGE: All athletes must be 50 years of age by December 31, 2008. Proof (Photo ID) of age is required when you check in your event.

AGE GROUPS: There will be separate age-group divisions for men and women (5-year increments) beginning at age 50. The Senior Olympics staff reserves the right to combine age-groups for certain events when necessary.

AWARDS: Gold, Silver, and Bronze medals will be presented to the 1st, 2nd, and 3rd place finishers, respectively, to both male and female competitors in each age-group for each event. Please note: medals will not be mailed after the games. You must pick up your medals at the conclusion of the event.

FRIENDLY REMINDERS

1. Fees are non-refundable
2. You must accept the T-shirt size that you have ordered.
3. Doubles players must list their partner’s full name on the registration form in the space provided. Confirm your entry with your partner before mailing your registration form.
4. TEAM CAPTAINS MUST COMPLETE THE TEAM PACKET AND HAVE IT POSTMARKED TWO WEEKS BEFORE THE EVENT. It is the Captain’s responsibility to include in the team packet each team member’s (players, coaches, managers and bench personnel) registration form and the associated check for the proper amount.

T-SHIRTS AND PACKETS

Packets with T-Shirt may be picked up during your first event.

EQUIPMENT

Equipment provided for the events includes: field equipment, basketballs, tennis and table tennis balls, volleyballs, shuttlecocks, and shuffleboard equipment. All other equipment should be provided by the participant. Personal field equipment must be certified at the event.

REGISTRATION INFORMATION

HOW TO REGISTER AS AN INDIVIDUAL:

1. Remove registration form (pages 5, 6, 7, and 8) and complete all information requested on the form.
2. Please be sure you have signed the waiver. You will not be allowed to participate if this form is not signed and returned.
3. Select the events in which you want to participate on the Event Selection pages (pages 6 and 7).
4. Return (A) Registration Form with Signed Waiver, (B) Event Selection pages, and (C) a check or money order payable to
   TRI-COUNTY SENIOR OLYMPICS/UNIVERSITY OF AKRON to
   Tri-County Senior Olympics
   Institute for Lifespan Development and Gerontology
   University of Akron
   Akron, OH 44325-4307

5. All forms must be postmarked two weeks before your first event.
6. A player registering for an individual sport and a team sport must complete the form and give form and check to the team captain. The team captain will include the form in his team’s packet.
EVENT SELECTION

YOUR NAME

TRACK/FIELD

☐ 100M  ☐ Discus
☐ 200M  ☐ High Jump
☐ 400M  ☐ Long Jump
☐ 800M  ☐ Javelin
☐ 1500M ☐ Shot Put

RACE WALK

☐ 1500M  ☐ 5000M

ROAD RACE

☐ 5K  ☐ 10K

TEAM COMPETITIONS:

It is the responsibility of the team captain to ensure that all team members have paid and registered!

☐ BASKETBALL  Team Name__________________________Age Group________
Are you a: ☐ Player or ☐ Bench Personnel  Your Captain’s Name__________________________

☐ SOFTBALL  Team Name__________________________Age Group________
Are you a: ☐ Player or ☐ Bench Personnel  Your Captain’s Name__________________________

☐ VOLLEYBALL  Team Name__________________________Age Group________
Are you a: ☐ Player or ☐ Bench Personnel  Your Captain’s Name__________________________

☐ DANCESPORT (ADDITIONAL CHARGE)  Age Group____ Is your team Pro/Am?_____ or Am?_____ 
If Pro/Am: Pro’s Name__________________________Amateur’s Name__________________________
If Amateur: Amateur’s Name__________________________Amateur’s Name__________________________
Dance Style: SMOOTH? Yes __  No __; RHYTHM? Yes __  No __

PAYMENT INFORMATION:

FEES are per person and non-refundable! Please make check or money order payable to:
TRI-COUNTY SENIOR OLYMPICS/UNIVERSITY OF AKRON
The additional fees associated with Bowling and Golf are to be paid ON SITE!

All packets postmarked two weeks before your first event the Fee is: $15.00, $
The Late Registration Fee will be: $25.00, $
Registration Fee for the Fitness Walk is: $5.00, $
* All DanceSport packets postmarked by May 3, 2008 the Registration Fee is: $35.00, $
* Late Registration Fee for DanceSport is: $50.00 $

I will attend the Banquet of Champions! (No Charge for Athletes) _____

Social Banquet $10.00/Guest
Additional Sports $10.00/Sport

Your Donation to the Tri-County Senior Olympics ___________

TOTAL _______________________

*DanceSport only pay their registration Fee, unless they participate in three or more sports.
Patsy Grosz competing at the Otho Cross Country Meet
2008 REGISTRATION FORM
TRI-COUNTY SENIOR OLYMPICS

NAME ________________________ Age ______ Date of Birth ________ MALE/FEMALE (Circle One)

Address ___________________________________________ City __________________________ State ___ Zip Code___________

Home Phone___________________ Work Phone__________________ Fax _________________ Cell____________________

E-MAIL ADDRESS ___________________________________ @

T-SHIRT SIZE: MEDIUM LARGE X-LARGE XX-LARGE
(Circle Your T-Shirt Size)

REGISTRATION FEE IF POSTMARKED two weeks before your event IS: $15.00 WHICH ENTITLES YOU TO ENTER TWO (2)
DIFFERENT SPORTS. More than two sports is an additional $10.00 per sport. LATE FEE is $25.00.

Make Check(s) or Money Order(s) payable to: TRI-COUNTY SENIOR OLYMPICS/UNIVERSITY OF AKRON

Mail completed Registration Form(s) and Checks(s) to: TRI-COUNTY SENIOR OLYMPICS/INSTITUTE FOR LIFE-SPAN DEVELOPMENT
AND GERONTOLOGY—SUITE 340 UNIVERSITY OF AKRON AKRON, OH 44325-4307 330-972-7243

LIABILITY WAIVER

I, the undersigned, intending to be legally bound, do hereby, for myself, executors, and administrators waive and release any and all rights and
claims for damages of any kind or nature which I may hereafter acquire against the Tri-County Senior Olympics and their representatives,
sponsors, staff, volunteers, and assigns for any and all injuries or death suffered by me in said events. I, or any representatives of my estate,
shall also indemnify and hold all those hereby released against and from any claims which may be brought as a result of injury/death suffered
by me and which arise out of or are connected with my participation. I also attest and verify that I am physically fit and have trained suffi­
ciently for the events I have chosen to enter in the 2008 Tri-County Senior Olympics. The Tri-County Senior Olympics have my permission
to have a physician attend to me if it is deemed necessary during my participation during the Olympics. I hereby give the Tri-County Senior
Olympics the absolute right to and permission to copyright and/or publish, or use photographic portraits or pictures of me or in which I am
included whole or in part, or composite or distorted in character of form, in conjunction with my own or a fictitious name, or reproductions
thereof in color or otherwise, made through any media of art, or any lawful purpose whatever.

SIGNATURE. ___________________________ DATE ___________________________

PERSON TO CONTACT IN AN EMERGENCY: ___________________________

RELATIONSHIP: ___________________________ PHONE (______)

Circle the local senior games with which you are associated.

Tri-County Senior Games Northwest Ohio Southwest Ohio
Cleveland (Lake County) Dayton/Miami Valley Cleveland (City)
Northeast Ohio Lima Area Central Ohio

To what local newspapers would you like us to forward the competition results? Newspaper Name

Address __________ City __________ ST __ Zip ________ Phone (______)

E-mail ___________________________

If needed, please make copies of pages 5, 6, 7, and 8.

Northcoast Senior Games

May 31 to June 6, 2008
Ages 50 & Older

ARCHERY
Don's Archery
30540 Lakeland Blvd
Willowick
440-944-5565

MEN'S SOFTBALL
Solon Community Park
6679 S.O.M. Center Rd.
Solon
440-348-6363

5K / 10K BIKE
Lake Metroparks Greenway Corridor
Rt. 84 & Liberty St.
Painesville
440-358-7275

TRACK & FIELD
Perry High School
1 Success Blvd.
Perry
440-259-9499

BOWLING / BILLIARDS
Wickliffe Lanes
30315 Euclid Avenue
Wickliffe
440-585-3505

HORSESHOES
Chester Twp. Park
12701 Chillicothe
Chesterland
440-417-4716

BOCCE BALL
Wickliffe Italian American Club
29717 Euclid Avenue
Wickliffe
440-943-6957

TABLE TENNIS / BASKETBALL / SHUFFLE BOARD
Willoughby Senior Center
38032 Brown Avenue
Willoughby
440-951-2832

PUTT-PUTT GOLF
Willow Putt-putt Golf & Games
38886 Mentor Ave.
Willoughby
440-951-7888

WOMEN'S SOFTBALL
Mentor High School
6477 Center Street
Mentor
440-257-3277

SWIMMING
Perry Community Fitness Center
1 Success Blvd.
Perry
440-259-8499

GOLF
Erie Shores Golf Course
7298 Lake Road E.
Madison
440-428-3164

BOWLING / BILLIARDS
Wickliffe Lanes
30315 Euclid Avenue
Wickliffe
440-585-3505

HORSESHOES
Chester Twp. Park
12701 Chillicothe
Chesterland
440-417-4716

BOCCE BALL
Wickliffe Italian American Club
29717 Euclid Avenue
Wickliffe
440-943-6957

TABLE TENNIS / BASKETBALL / SHUFFLE BOARD
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440-951-2832

PUTT-PUTT GOLF
Willow Putt-putt Golf & Games
38886 Mentor Ave.
Willoughby
440-951-7888

WOMEN'S SOFTBALL
Mentor High School
6477 Center Street
Mentor
440-257-3277

SWIMMING
Perry Community Fitness Center
1 Success Blvd.
Perry
440-259-8499
## Schedule of Events

### Saturday, May 31

**Perry High School Alumni Stadium**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 AM</td>
<td>On-Site Registration</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>Opening Ceremonies</td>
</tr>
<tr>
<td>9:30 AM</td>
<td>Shot Put (women first)</td>
</tr>
<tr>
<td>9:45 AM</td>
<td>100-Meter Dash (men first)</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Fun Game: Softball Throw</td>
</tr>
<tr>
<td>10:30 AM</td>
<td>800-Meter Run</td>
</tr>
<tr>
<td>11:00 AM</td>
<td>Standing Long Jump</td>
</tr>
<tr>
<td>11:30 AM</td>
<td>Fun Game: Line Dancing</td>
</tr>
<tr>
<td>Noon</td>
<td>Lunch/Morning Awards</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>1600-Meter Race Walk</td>
</tr>
<tr>
<td>1:15 PM</td>
<td>Discus</td>
</tr>
<tr>
<td>1:30 PM</td>
<td>High Jump</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>400-Meter Dash</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>1600-Meter Run</td>
</tr>
<tr>
<td>3:15 PM</td>
<td>Running Long Jump</td>
</tr>
</tbody>
</table>

### Monday, June 2

**5K / 10K Cycling Time Trial**

9:00 AM Lake Metroparks Greenway Corridor

**Shuffleboard**

9:00 AM Willoughby Senior Center

**Fun Game: Rock, Paper, Scissor Challenge**

11:30 AM Willoughby Senior Center

**Foul Shot Basketball**

12:30 PM Willoughby Senior Center

**18-Hole Putt-Putt**

2:00 PM Willow Putt-Putt Golf & Games

### Tuesday, June 3

**Singles Bowling**

9:00 AM Wickliffe Lanes

**Golf**

10:00 AM Erie Shores Golf Course

**Men's 70 & Older Softball**

10:00 AM Solon Recreation Park

**Fun Game: Shuffle Putt**

1 pm Erie Shores Golf Course

**Intro to Archery Class**

(Required for all first-time shooters)

12:30 PM Don's Archery

**Archery**

1:00 PM Don's Archery

**Women's 50+ Softball**

6:00 PM Mentor High School

### Wednesday, June 4

**Bocce Ball**

9:00 AM Wickliffe Italian American Club

**Swimming**

1:00 PM Perry Community Fitness Center

**Fun Game: Skipper Says**

3:00 PM Perry Community Fitness Center

**Women's 50+ Softball**

6:00 PM Mentor High School

### Thursday, June 5

**Billiards**

9:00 AM Wickliffe Lanes

**Men's 70 & Older Softball**

10:00 AM Solon Recreation Park

**Table Tennis**

1:00 PM Willoughby Senior Center

**Fun Game: Horseshoe Races**

1:00 PM Chester Township Park

**Horseshoes**

1:30 PM Chester Township Park

### Friday, June 6

**Doubles Bowling**

9:00 AM Wickliffe Lanes

**Men's Softball Rain Date**

10:00 AM Solon Recreation Park

**Closing Lunch Banquet:**

West Geauga Senior Center, 11414 Caves Road, Chesterland, Ohio (behind Patterson's Fruit Farm) 440-729-2782

12:00 to 1:00 PM Sponsor Expo

1:00 PM Lunch

1:30 PM Presentations & Raffle

2:00 PM Line Dancing

For more information, call Karen Reis at Lake Metroparks, 440-256-2126.

**Times subject to change due to weather conditions. For rain cancellations: 440-954-4178.**

Please arrive 15 minutes prior to your event time.

Age categories will be divided by male and female in 5-year spans; 50 – 54, 55 – 59, etc.

Lake Metroparks reserves the right to change and combine age categories as necessary.
# Event Selection

Your registration fee entitles you to enter as many events as you choose. You are responsible for selecting events which do not conflict with each other in the schedule. Please check the schedule carefully when registering. Do NOT expect that events will wait for you to participate if you overschedule yourself!

### Saturday, May 31
- Opening Day Ceremonies & Lunch (FREE)
  
  *(Lunch available to the first 150 athletes to check in.)*
- Track
  - 100-Meter Dash
  - 200-Meter Dash
  - 400-Meter Dash
  - 800-Meter Run
  - 1600-Meter Race Walk
  - 1600-Meter Run
- Field
  - Discus
  - High Jump
  - Running Long Jump
  - Standing Long Jump
  - Shotput
- Fun Game: Softball Throw
- Fun Game: Line Dancing

### Monday, June 2
- Cycling
  - 5K Time Trial
  - 10K Time Trial
- Shuffleboard
- Fun Game: Rock, Paper, Scissor Challenge
- Basketball Foul Shot
- Putt-putt Golf - 18 hole

### Tuesday, June 3
- Bowling Singles
- Golf – 9 Holes
- Fun Game: Shuffle Putt
- Softball – Men’s 70 & Older
  
  **Team Name: ____________________________**
- Softball – Women’s 50+
  
  **Team Name: ____________________________**
- Archery (Vegas 450)
  - Recurve
  - Compound
  - Rent Equipment

### Wednesday, June 4
- Bocce Ball
- Swimming
  
  - Freestyle  
    - 50 yd
    - 100 yd
  - Backstroke  
    - 50 yd
    - 100 yd
  - Breaststroke  
    - 50 yd
    - 100 yd
  - Butterfly  
    - 50 yd
    - 100 yd
  - Individual Medley  
    - 100 yd
- Fun Game: Skipper Says

### Thursday, June 5
- Billiards (8 ball)
- Table Tennis (Best of 3)
- Fun Game: Horseshoe Races
- Horseshoes

### Friday, June 6
- Bowling Doubles
  
  Partner ______________________
- Mixed Doubles
  
  Partner ______________________

---

**Special Thanks To:**

CITY OF SOLON DEPT. OF SENIOR SERVICES & RECREATION, DON'S ARCHERY, CHESTERLAND TOWNSHIP PARK, ERIE SHORES GOLF COURSE, GEAUGA COUNTY DEPT. ON AGING, JFK SENIOR CENTER, LAKE COUNTY COUNCIL ON AGING, LAKE METROPARKS, PERRY COMMUNITY FITNESS CENTER, PERRY SENIOR CENTER, WICKLiffe ITALIAN AMERICAN CLUB, WICKLiffe LANES, WILLOUGHBY SENIOR CENTER, WILLOW PUTT-PUTT GOLF COURSE, WILLOWICK SENIOR CENTER, AND AREA SENIOR AGENCIES.
2008 NORTHCOAST SENIOR GAMES
Lake Metroparks
11189 Spear Road
Concord Twp., OH 44077
440-358-7275

Please PRINT Complete both sides This form may be copied

First Name ___________________________ MI ________ Last Name __________________________

Address _______________________________________________________________________

City ___________________________ State ___________ Zip Code ________________

Home Phone _________________________ E-mail Address _________________________

Sex (circle one) Male Female Date of Birth ___ / ___ / ___

Emergency Phone _________________________________

T-shirt Size (circle one) S M L XL 2XL 3XL

LIABILITY WAIVER
Your entry form is not complete until the waiver is signed and dated!

It is strongly advised you seek a physician’s approval prior to participation in the Northcoast Senior Games. If you have any special medical concerns, please state

I, the undersigned participant, hereby agree to indemnify, save and hold harmless Northcoast Senior Games, Lake Metroparks, agencies/organizations/facilities hosting athletic events, Northcoast Senior Games sponsors, and any of their agents or representatives for my health, safety or any injury resulting from my participation in the Northcoast Senior Games. I have prepared myself for the events I have entered by practicing prior to this Senior Games. To the best of my knowledge and belief, I have no physical restrictions that prohibit my participation in the events I have selected. The Northcoast Senior Games has my permission to have a physician attend to me if deemed necessary during my participation.

(Signature)

(Date)

Lake Metroparks Registration Department
11189 Spear Road
Concord Twp., OH 44077
440-358-7275

REGISTRATION FEES

Individual Registration Fee $15.00
by 4 pm May 23rd (every participant must pay this fee)

On-site registration, May 31 $20.00

Golf Greens Fee (golfers only) ______ ($20.00)

Rental Archery Equipment ($6.00) ______

Closing Lunch Banquet – June 6 ___ athletes at $8.00 each ______
___ guests at $10.00 each ______

TOTAL FEES DUE ______

Enclose only these fees with registration form.

Make checks payable to: Lake Metroparks

Please complete both sides of this form, read and sign the waiver to the left, and mail to:

Lake Metroparks Registration Department
11189 Spear Road
Concord Twp., OH 44077
440-358-7275

Lake Metroparks does not discriminate on the basis of race, color, religion, gender, age, nationality, or disability in employment, services, programs, or activities. Should special assistance be required in visiting facilities and/or participating in program or activities of Lake Metroparks, please call 1-800-669-9226 or 440-358-7275 at least 48 hours in advance.
NORTHEAST RUNNING CLUB PRESENTS:
OHIO TEAMSTERS SPORTS COMMITTEE, INC.

MEDICAL MUTUAL

5K FLAG DAY RACE and 2 MILE WALK
The Biggest Flag Day Race and Walk in the State of Ohio!
$$$ A Race/ Walk Fee The Whole Family Can Afford! $$$

TIME & DATE: 7:00 PM, Wednesday, June 11, 2008
LOCATION: Deepwood Center, Mentor, Ohio (Rt. 84 & Deepwood Blvd. - opposite Great Lakes Mall)
DISTANCE: 5K Race and 2 mile walk on the trails and streets of the Deepwood Center
+ a challenge race between the clients of Deepwood, Metzenbaum & Ashtabula Ctrs.
T-SHIRTS: Super sharp patriotic Flag Day style shirt designed by K. Gauntner to the first 200 entries
BONUS #1: First 200 entrants will receive an American Flag compliments of the NERC!
BONUS #2: GREAT post race refreshments! No need to make supper tonight!!!!
BONUS #3: $150.00 for establishing a new course record. Male 14:54 Female 16:48
BONUS #4: FREE Nutritional Cookbook for the health conscious athlete, a $13.95 value.
An ideal gift at gift giving time. PRE-REGISTERED ENTRIES ONLY!!!

5K AWARDS: Top 3 overall male and female plus age groups as follows:


2 MILE WALK: Top 5 overall male and female

PROCEEDS: The Northeast Running Club Scholarship Fund & Deepwood Special Olympics
ENTRY FEE: $15.00 non-refundable to all pre-registered postmarked by June 5th, $18.00 Race Day
NOTICE: At the request of the Deepwood Center, NO DOGS PLEASE. Thank You.

MAKE CHECKS PAYABLE TO THE: Northeast Running Club

THANK YOU to all our sponsors!

Mail to: Carl Schneider * 17550 Munn Road * Chagrin Falls, Ohio 44023-5423
(REGISTER ONLINE AT: www.active.com)

FURTHER INFORMATION: Carl (440) 543-9238 or Andy (440) 946-8705 or northeastrunningclub.org

NAME: ___________________________ AGE: ________ SEX: ________
(LAST) (FIRST)
ADDRESS: _________________________ CITY: ________ STATE: ________ ZIP: ________
PHONE NO.: _________________________ E-MAIL: __________________________

☐ 5K RACE ☐ 2 MILE WALK

SHIRT SIZE: ☐ S ☐ M ☐ L ☐ XL ☐ XXL

ENTRY AND RELEASE OF ALL CLAIMS: PLEASE READ BEFORE SIGNING. In consideration of the acceptance of my entry in the 2008 Flag Day Race and Walk, I, the undersigned intending to be legally bound, for myself, my heirs, my executors, and administrators, waive and release any and all rights and claims for losses and damages I may now or hereafter have or incur against the Northeast Running Club, Inc., Deepwood Center, Deepwood Condominiums Association, Inc., any sponsors, officers and members, of officials of said event, their representatives, successors, assigns and any individuals who are in any way connected with this event and further release such parties from liability or claims for any injury or illness which I sustain in connection with my participation in this event, and further agree that none of the above persons or entities will be responsible for the loss of personal items nor from any form of aggravation that I may suffer in connection with said event. I represent that I am physically fit and have adequately trained to participate in this event, recognize that risks or injury accompany such participation and understand that no special medical attention may be provided and acknowledge that this release is being relied upon by the above persons in permitting me to participate. We won't cover bodily injury or medical expense for any participant who is injured while using, or that results from their involvement with, any of the following: Animals, Bicycles (Does not apply to bicycles used to lead runners from the Starting Line), Skateboard, pushing any type of Baby Stroller or Baby Jogger, Roller Skates or Roller Blades, Multi-sport events (Biathlons, Triathlons and Duathlons) or field events (Track), or Radio Headsets or other portable sound systems. (Parent must sign below if under 18 years of age)

SIGNATURE ________________ SIGNATURE ________________

“A Big THANK YOU to all of our runners and walkers!”

37942 Sharp Ave. Willoughby, Ohio 44094-6022

On-line registration available at:  www.active.com

Signature of Parent/Guardian if runner is under 18 years of age.
Over The Hill TC
5091 Hickory Drive
Lyndhurst, OH 44124

Rex Harvey
6744 Connecticut Colony Cr.
Mentor, OH 44060