



The President's Corner

May 2008

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

Officers

President	Chip Johnson
VP Programs	Vince Walls
VP Banquet	Jewel Williams
Secretary	Norman Thomas
Treasurer	Jeff Gerson
Newsletter	Jeff Gerson 5091 Hickory Dr. Lyndhurst, OH 44124
Webmasters	Erik Thiem Linda Carty (216-368-4904)

Coordinators

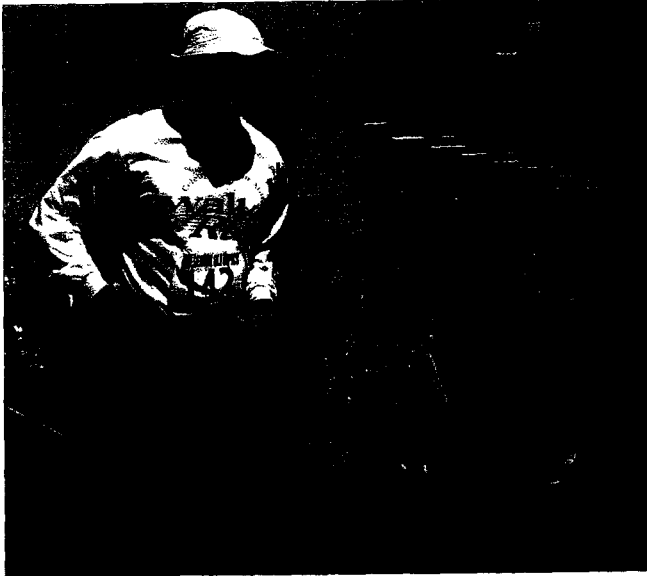
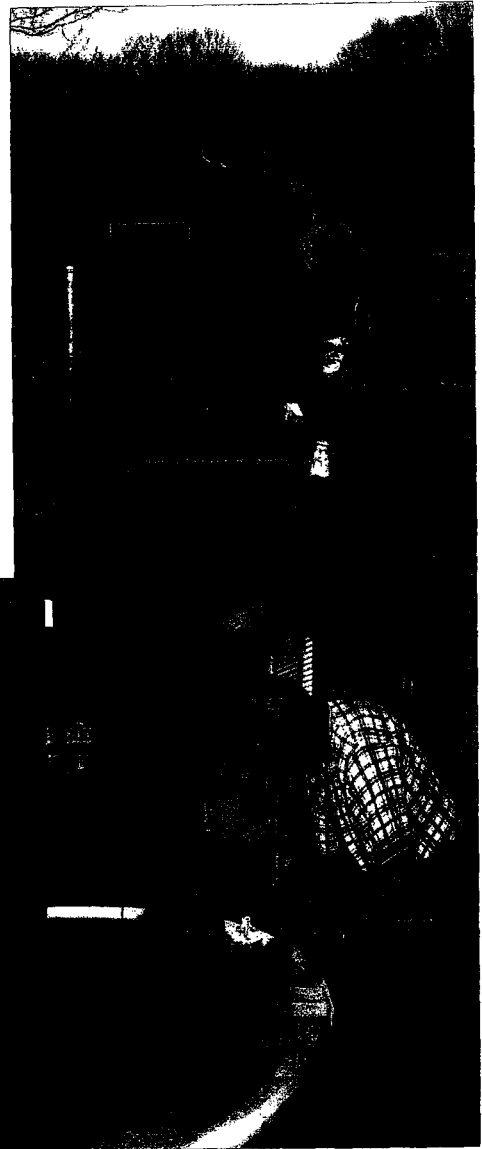
Road Racing	Joanne Siegel 216.397.0260
Relays (Women)	Chip Johnson 216-382-8250
Relays (Men)	Chip Johnson 216-382-8250
Race Walking	Joyce Prohaska 216.521.7966
Youth Coach	Chip Johnson 216-382-8250
T/F Consultant	Paul Williams 440.605.1811 Norman Thomas 330.425.8219
Indoor Practice	Linda Carty 216-368-4904
Outdoor Practice	Jeff Gerson 440-473-0636
T/F Consultant	Paul Williams 440.605.1811 Norman Thomas 330.425.8219
West Side Coordinator	Bob Thomas 440.899.3599

REGISTRATION FORM

OUR MANY FRIENDS

- *The City of Akron
Recreation Bureau
- *Akron Fire
Department- EMS
- *The University of
Akron
- *Barberton Parks &
Recreation
- *Barberton Senior
Center
- *Blossom Music Center
- *Canal Square
YMCA
- *Clear Water
Systems
- *Cuyahoga Falls Parks
& Recreation
- *Cuyahoga Falls Fire
Department-EMS
- *Cuyahoga Falls Police
Department
- *Cuyahoga Valley
National Recreation
Area
- *Hudson High School
- *Hudson Parks &
Recreation
- *Kent State
University
- *Lake High School
- *Metro Parks serving
Summit County
- *Stow Parks &
Recreation
- *Stow Sun Shiners
- *Wadsworth Parks &
Recreation
- *Wadsworth Police
Department
- *Wadsworth Senior
Center

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

MAY 24

- | | |
|--------------------------------|------------------------------------|
| <input type="checkbox"/> 100M | <input type="checkbox"/> Discus |
| <input type="checkbox"/> 200M | <input type="checkbox"/> High Jump |
| <input type="checkbox"/> 400M | <input type="checkbox"/> Long Jump |
| <input type="checkbox"/> 800M | <input type="checkbox"/> Javelin |
| <input type="checkbox"/> 1500M | <input type="checkbox"/> Shot Put |

RACE WALK

- | | |
|--------------------------------|--------------------------------|
| <input type="checkbox"/> 1500M | <input type="checkbox"/> 5000M |
|--------------------------------|--------------------------------|

ROAD RACE

- | | |
|-----------------------------|------------------------------|
| <input type="checkbox"/> 5K | <input type="checkbox"/> 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

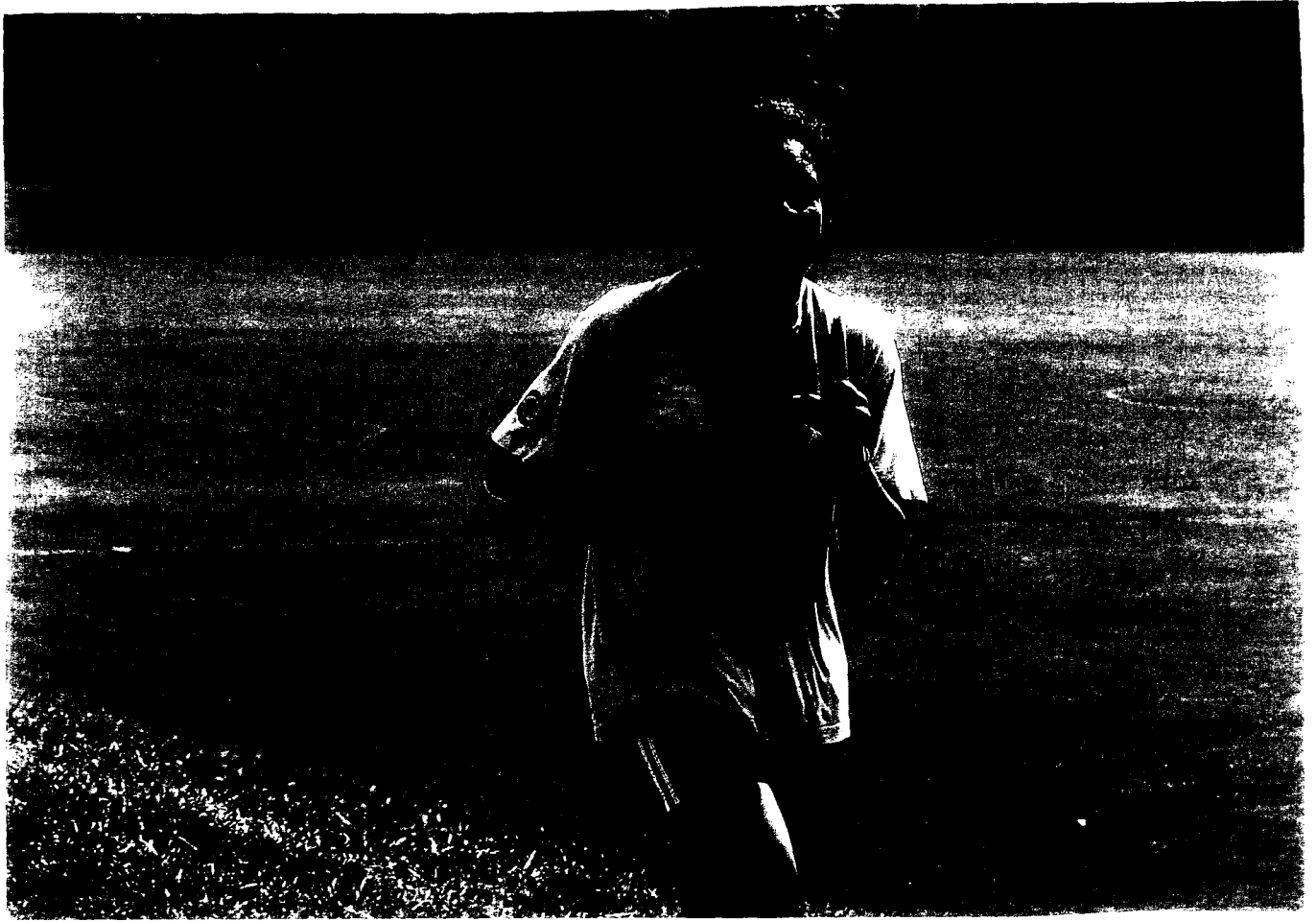
The additional fees associated with Bowling and Golf are to be paid **ON SITE!**

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		_____
	<u>TOTAL</u>	_____

*DanceSport only pay their registration Fee, unless they participate in three or more sports.



PATSY OROSZ COMPETING AT THE OTHTC CROSS-
COUNTRY MEET

**2008 REGISTRATION FORM
TRI-COUNTY SENIOR OLYMPICS**

NAME _____ Age _____ Date of Birth _____ MALE/FEMALE
PLEASE PRINT LAST FIRST MIDDLE MO/DAY/YEAR (Circle One)

Address _____ City _____ State _____ Zip Code _____

Home Phone _____ Work Phone _____ Fax _____ Cell _____
(Area Code) (Area Code) (Area Code) (Area Code)

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**.

DanceSport

FEE will be \$35.00 when postmarked by May 3, 2008. When postmarked between May 4—11, 2008 the FEE is **50.00**.

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
 ARTS & SCIENCE BUILDING—SUITE 340
 UNIVERSITY OF AKRON
 AKRON, OH 44325-4307
 330-972-7243

LIABILITY WAIVER

THE ENTRY FORM IS NOT COMPLETE UNTIL YOU HAVE READ AND SIGNED THIS 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 sufficiently 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.

Check us out on the World Wide Web at: <http://www.nsga.com> or <http://www.ohioseniorolympics.org>

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
440-349-6363

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

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

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
440-259-9499

SCHEDULE OF EVENTS

Saturday, May 31

Perry High School Alumni Stadium

8:00 AM On-Site Registration
 9:00 AM Opening Ceremonies
 9:30 AM Shot Put (women first)
 9:45 AM 100-Meter Dash (men first)
 10:00 AM Fun Game: Softball Throw
 10:30 AM 800-Meter Run
 10:45 AM Standing Long Jump
 11:00 AM Fun Game: Line Dancing
 11:30 AM 200-Meter Dash
 Noon Lunch/Morning Awards
 1:00 PM 1600-Meter Race Walk
 1:15 PM Discus
 1:30 PM High Jump
 2:00 PM 400-Meter Dash
 3:00 PM 1600-Meter Run
 3:15 PM Running Long Jump

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 over-schedule 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 County Probate Judge
Ted Klammer
Board of Park Commissioners
Ellen Foley Kessler * Mark P. Oesterle * Frank J. Polivka
Executive Director David A. Noble
Deputy Director Stephen W. Madewell

REGISTRATION FEES

Individual Registration Fee **\$15.00**
by 4 pm May 23th
(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



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.**
5K AWARDS: **An ideal gift at gift giving time. PRE-REGISTERED ENTRIES ONLY!!!**
 Top 3 overall male and female plus age groups as follows:
 MALE. 12 & under, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & Over
 FEMALE 12 & under, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & Over
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*

**" A big
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

Affiliated With The International Brotherhood Of Teamsters
 Proudly Serving Members Over 115 Years

TEAMSTERS UNION LOCAL 413

Affiliated with the International Brotherhood of TEAMIST

OHIO TEAMSTERS SPORTS COMM., INC. /MEDICAL MUTUAL FLAG DAY RACE 2008 ENTRY FORM - PLEASE PRINT

NAME: _____ AGE: _____ SEX: _____
 (LAST) (FIRST)
 ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____
 PHONE NO.: _____ E-MAIL: _____ NERC MEMBER? Y _ N

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 anyway 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 person 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 (Biatlons, Triatlons and Duatlons) 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

Signature of Parent/Guardian if runner is under 18 years of age

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

Over The Hill TC
5091 Hickory Drive
Lyndhurst, OH 44124

Rex Harvey
6744 Connecticut Colony Cr.
Mentor, OH 44060