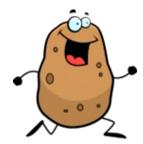
## VEGGIE TRAILS 5K

## SWAN CREEK METROPARK (AIRPORT HWY. ENTRANCE) 9:30 A.M., SATURDAY, AUGUST 30, 2014









Where: Swan Creek Park, 4659 Airport Hwy., Toledo (the entrance is between Eastgate and Byrne Rds.)

**Course:** The course uses parts of the blue, all-purpose, and red trails (crushed limestone and asphalt). The start and finish are at the Gill Shelter (next to the playground). An aid station (water and Gatorade) will be located at about 1.6 miles. Walkers are welcome in the 5K. A kids' fun run (about <sup>3</sup>/<sub>4</sub> mile) will be held before the 5K and will start at 9:00 a.m. Refreshments will be available after the race.



**Awards:** Male and female overall, masters (age 40 and up), and at least three deep per age group (0-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+). No duplication of awards.

Kid's Fun Run!

## Registration:

- a. <u>Cost</u>: \$15 per person (no shirt) or \$25 per person (with tech t-shirt). Registration must be received by August 15<sup>th</sup> to guarantee a shirt. The Kids Run is free (no shirts).
- b. Register by mail: Send registration form to Randy Ruch, 3828 Brookside Rd., Toledo, OH 43606. Cash, checks, money orders, and credit cards (Visa or MC) accepted. Make checks payable to "The University Church".
- c. Register at Second Sole, Levis Commons, Perrysburg: Cash, checks, money orders, and credit cards (Visa or MC) accepted. Make checks payable to "The University Church".
- d. Register on race-day: 8:00-9:00 a.m. at the event (shirts may not be available).
- e. <u>Packet pick-up</u>: At Second Sole, Levis Commons, on Friday, August 29<sup>th</sup>, noon-8 p.m. or race day 8:00-9:00 a.m.
- f. <u>Proceeds</u>: All proceeds support The University Church Community Garden Program to feed hungry people. (<a href="http://www.theuniversitychurchtoledo.org/">http://www.theuniversitychurchtoledo.org/</a>).
- a. For more information: Contact Randy Ruch at (419)410-2359 or randall.ruch@gmail.com.



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Name	Age	Shirt (men's fit): XS	S S M L XL 2XL
Address	City	State	Zip
Phone Email			
Credit card: MC or Visa (circle one) Card no		Name on card	
Billing address(if different from above)	E>	κρ. Date 3-digit se	curity number
Additional donation to The University Church (donations ar	e tax-deductible) \$	Total amount paid \$	S
In consideration of the acceptance of my entry, I, for myself, my executo presentation of the Veggie Trails 5K for claims of damages and actions w have read and fully understand my own liability and do accept these restrict	hatsoever in any manner arising		
Signature of adult participant (a parent or legal guardian must sigr	for participants under 18 yea	ars of age)	Date