

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 ¼ 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:

- Cost:** \$15 per person (no shirt) or \$25 per person (with tech t-shirt). Registration must be received by August 15th to guarantee a shirt. The Kids Run is free (no shirts).
- 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".
- 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".
- Register on race-day:** 8:00-9:00 a.m. at the event (shirts may not be available).
- Packet pick-up:** At Second Sole, Levis Commons, on Friday, August 29th, noon-8 p.m. or race day 8:00-9:00 a.m.
- Proceeds:** All proceeds support The University Church Community Garden Program to feed hungry people. (<http://www.theuniversitychurchtoledo.org/>).
- 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 M L XL 2XL

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

Credit card: MC or Visa (circle one) Card no. _____ Name on card _____

Billing address _____ Exp. Date _____ 3-digit security number _____
(if different from above)

Additional donation to The University Church (donations are tax-deductible) \$ _____ Total amount paid \$ _____

In consideration of the acceptance of my entry, I, for myself, my executors, administrators and assignees, do hereby release all sponsors and individuals assisting in the presentation of the Veggie Trails 5K for claims of damages and actions whatsoever in any manner arising or growing out of my participation in this event. I acknowledge I have read and fully understand my own liability and do accept these restrictions.

Signature of adult participant (a parent or legal guardian must sign for participants under 18 years of age)

Date