

Biggies Coast to Coast 6K

6K at Cairo

Saturday, November 14th 2009 at 10:15 AM
Biggies Coast to Coast near the RR tracks in Cairo

COURSE: The course will start and finish near Biggies Coast to Coast.

REGISTRATION: \$13 with T-shirt to entrants (postmarked by November 5th), \$8 no T-shirt \$15 on race day with T-shirt, **while supplies last.** \$10 on race day no T-shirt
Household Maximum of \$25 plus \$5 for each shirt
Team rate is \$30 plus \$5 for each shirt all entries need to be sent together
Race day registration and packet pick-up at the park beginning at 9:00 AM
Checks Payable to Biggies Coast to Coast
Results posted at: <http://ohioroadraces.net/>
Pre-registration to: *Cairo 6K, PO Box 137, Cairo, Ohio 45820*

SPONSORS: **Biggies Coast to Coast—stay and watch the Ohio State game.**

AGE GROUPS:

<u>Male & Female</u>				
5-9	20-24	35-39	50-54	65-69
10-14	25-29	40-44	55-59	70-74
15-19	30-34	45-49	60-64	etc.

AWARDS:

Top 3 Male and Female Overall
Top 3 Male and Female Age Groups
Top Male, Top Female, & Co-Ed Team Scores (Top 4 score—Maximum 6 per team)
Co-Ed—Top 2 Males & Top 2 Females Score

NOTICE: Award winners are responsible for collecting awards. Contact the race director if you leave before the presentation. No duplication of awards.

OTHER: Walkers are welcome with a shorter course.
Proceeds to benefit Cairo Recreation and Bath Cross Country
No refunds in case of inclement weather, shirts will be available for pickup.
Contacts: Bryan Best 419-641-6111 or e-mail info@ohioroadraces.net

Please Print Clearly

Name: _____ **6K** _____ **Walker** _____

Team Name: _____

Address: _____ City _____ State _____

Email: _____ Zip _____

Sex (circle one): M / F Age (on race day): _____

Shirt Size (circle one): S M L XL XXL (Add \$2.00) Total Enclosed: _____

Waiver – Must be read and signed for entry to be accepted

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely compete the run. I assume all risks associated with running in this event including but not limited to: falls, contact with other participants, the effect of weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in condition of your accepting my entry, I, myself and anyone acting on my behalf, waive and release the Lima Run 'N Jog Club, Bath Local Schools, Bath CC Boosters, Bath Athletic Boosters, ACERT, REACT, Biggies Coast to Coast, & the Village of Cairo proceed recipients, race workers, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver.

Signature

Date

Parent or Guardian Signature if under 18

Date