

JAMP Fall Run

6K at the Ottawa Metro Park

Saturday, ~~November 21~~, (New Date due to OSU/UM Game) November 14th 2009 at 10:00 AM
Ottawa Metro Park east of Lima off SR 81
A race for any runner wanting to try a longer distance

COURSE: The course will start and finish in the park. The course will start in the park and take the riverwalk towards the interstate and back to the park.

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 8:45 AM
Checks Payable to Lima Ten
Results posted at: <http://ohioroadraces.net/>
Pre-registration to: *The Lima Ten, PO Box 137, Cairo, Ohio 45820*

SPONSORS: **Subway Restaurants**

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: Ample water stops, refreshments, restrooms, and, walkers are welcome.
No refunds in case of inclement weather, shirts will be available for pickup.
Contacts: Daniel Grime 419-233-5487 e-mail GRIMED@bathwildcats.org

Please Print Clearly

Name: _____

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, ACERT, REACT, & JAMPD, 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