



# 1st Annual RIDGE RUN

**5K RUN AND 1 MILE FUN WALK**

**Saturday, July 18, 2009**

- Time:** 9:00 am for 1 Mile run Walk and 9:30 am for 5K  
Race day registration at 7:45 am in High School parking lot.
- Location:** Both races will start at the Mineral Ridge High School
- Entry Fee:** \$13.00 if received by July 8th  
\$15.00 for late registration and race day  
(T-shirt Guaranteed to first 250 registered entrants)
- Awards:** Run - Top 3 Male and Female in each age group  
Walk - all 14 and under will receive a ribbon
- Age Groups:** Male & Female: 14 & under; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70 & over
- More Information:** Traci Kompanik: 330-980-8589 or Shari Palmer 330-720-9379  
**Award ceremony and post-race refreshments for all participants will begin at 10:15 am in High School Parking Lot.**
- Make Checks Payable to:** Mineral Ridge Athletic Boosters
- Mail To:** Traci Kompanik  
1817 Salt Springs Road  
Mineral Ridge, Ohio 44440

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_  
Street Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Age as of July 18, 2009: \_\_\_\_\_

**Shirt Size:** S M L XL XXL

**Check which event you'll be participating in:** 5k Run \_\_\_\_\_ 1 Mile Walk \_\_\_\_\_

*In consideration of acceptance of this entry I waive, my heirs, and assigns all claims for damage which I might have against the Weathersfield School System, and all sponsors, businesses, or individuals as a result of any and all injuries which might be received during the event. Refunds or transfers will not be given for any reason. No Rain Date. Race will be held rain or shine.*

**Signature of Participant:** \_\_\_\_\_

**Signature of Parent/Guardian if under 18:** \_\_\_\_\_