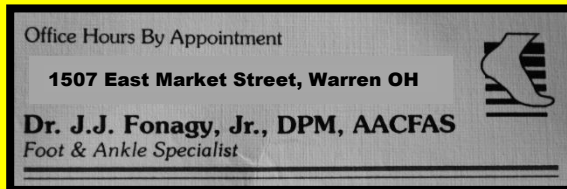


# The 31<sup>st</sup> Annual PIZZA SPLASH 5K

Friday Evening, August 7<sup>th</sup>, 2015 -7:00 P.M. - Warren, OH

Registration and awards will be at the Trumbull Family Fitness Center (formerly the YMCA), 210 High Street, Warren

*Brought to you by Dr. J.J. Fonagy Jr. DPM and Gopher Running*



- Course & Location:** The 5 kilometer race is held in Downtown Warren, Ohio. Registration will begin at 5:30 PM at the Trumbull Fitness Center (formerly the YMCA) on the northwest corner of Courthouse Square in downtown Warren (intersection of Rt. 45 and Rt. 82). The 5K course is out and back, with a loop turn around on mostly flat streets. Water and mile splits will be given at 1 and 2 miles.
- Registration Fees:** The entry fee is \$17 for if registered before race day. Runners can register on race day, beginning at 5:30 PM at the YMCA for the \$20 fee. **The first 250 registrants will receive Pizza Splash T-shirt. The fee for the registrants after the first 250 (no shirt) is dropped by \$3.** Online registration is available at [www.gopherarun.com](http://www.gopherarun.com).
- Awards:** Overall top three male and female winners will receive prize money, as well as the winning masters and Grand Masters. Open - 1<sup>st</sup> - \$150, 2<sup>nd</sup> - \$100, 3<sup>rd</sup> - \$50, Masters - \$75, Grand Masters - \$50. Awards will also be presented to the 1<sup>st</sup> three finishers in each of the age groups below. Pizza will be available for all runners at 7:45 followed by awards at 8:15 at the YMCA. There will be a raffle after the awards ceremony.

#### Age Groups:

Men 10 and under	Men 40-44	Women 10 and under	Women 40-44
Men 11-14	Men 45-49	Women 11-14	Women 45-49
Men 15-18	Men 50-54	Women 15-18	Women 50-59
Men 19-24	Men 55-59	Women 18-24	Women 60 and over
Men 25-29	Men 60-64	Women 25-29	
Men 30-34	Men 65-69	Women 30-34	
Men 35-39	Men 70 and over	Women 35-39	

**Coordinated:** The race is being directed by Gopher Running in conjunction with the "Italian American Heritage Festival," August 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> in Warren, Ohio. For further information contact race director **Ted Rupe** at [ted.rupe@gmail.com](mailto:ted.rupe@gmail.com). Bring your family and friends and enjoy one of the finest festivals in Northeast Ohio. Children's rides, games, over 80 food vendors and entertainment all weekend long. Festival hours 11:00AM to 11:00 PM daily.

Race proceeds to benefit select Gopher Charities.

-----**(Please Print Neatly)**-----

In Consideration of the acceptance of this entry, I waive, for myself, my heirs, and assigns, any claims for any injury including death and all damages which I might have against the City of Warren, Gopher Running, The Trumbull Fitness Center, the race directors and all sponsors as the result of any and all injuries which might be received during this contest. This includes injuries due to weather, heat and road conditions.

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Adult Shirt Size \_\_\_\_\_ Date of Birth \_\_\_\_\_ Phone \_\_\_\_\_

Signature (parent's signature if under 18) \_\_\_\_\_

Online registration can be done at [www.gopherarun.com](http://www.gopherarun.com) – using a Pay Pal account or any major credit card.

For mail-in registration - make checks payable to: Gopher Running

And send to: Pizza Splash – c/o Ted Rupe – 2533 Davis Peck Rd. – Cortland, OH 44410