



Ninth Annual Smoky Hollow 5K Run & 1 Mile Family Fun Walk Saturday, July 7, 2012

Time: 5K run will start at 8:30am and the 1 mile family fun walk will start at 8:40a.m. Race day registration starts at 7:15 a.m. in YSU's WATTS Center.

Location: **NEW!** Both races start and finish in YSU's WATTS Center.

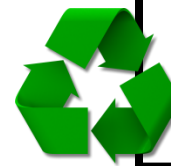
Entry Fee: \$15.00 if received by July 2nd.
\$20.00 for late and race day registration.
Kids 10 and under are free.
(T-Shirt Guaranteed To First 250 Registrants)

Awards: Run-Top Three Male and Female; Top Male and Female Master (over 40); Top Male and Female Grandmaster (over 50); and Top Three Places In Each Age Group. All One Mile Walk Finishers Receive a Ribbon.
All Kids 10 and Under Receive a Medal.

Age Groups: Male & Female: 14 & Under; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70 & Over.

Registration: See below or online registration available at www.gopherarun.com.

More information: Contact Carrie Clyde at 330-941-3360 or crcl Clyde@ysu.edu.



BE GREEN!

Bring your old (clean) running shoes- We'll recycle them!

Make Checks Payable to:
YSU Smoky Hollow Run

Mail To:
YSU Smoky Hollow Run, Attn: University Development, Carrie Clyde
One University Plaza, Youngstown, OH 44555

Last Name _____ First Name _____

Street Address _____

City _____ State _____ Zip _____ Phone _____

Age on 7-7-12: _____ Sex: M F

Shirt Size: S M L XL XXL E-mail Address: _____

Check Which Event You'll Be Participating in: 5k Run 1 Mile Walk

Release: I know running a 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 safely complete the run. I assume all risks associated in running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, 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 consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release all those involved with the race, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participating in this event.

SIGNATURE (PARENT IF UNDER 18) _____

Directions to YSU's WATTS Center:

From the North: Take Rt.11 south to I-80 East. Take the first exit off I-80 Rt. 193 South, Belmont Avenue. Make a right on Belmont and proceed south about 1.5 miles to the light at Gypsy Lane. Make a left on Gypsy; at the fourth traffic light, make a right onto Fifth Avenue. Go about 1.6 miles on Fifth until you cross the overpass for Rt. 422. Go over the bridge and make the next left on the Eastbound Service Road, staying on the Service Road you will pass the stadium. At the stop sign, make a left onto Elm Street to the R1 Parking Lot. Park and walk across bridge to get to the WATTS Center.

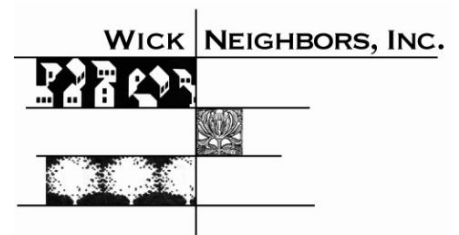
From the East: Take I-80 West to Rt. 193 South, Belmont Avenue. Make a left on Belmont and proceed south about 1.5 miles to the light at Gypsy Lane. Make a left on Gypsy; at the fourth traffic light, make a right onto Fifth Avenue. Go about 1.6 miles on Fifth until you cross the overpass for Rt. 422. Go over the bridge and make the next left on the Eastbound Service Road, staying on the Service Road you will pass the stadium. At the stop sign, make a left onto Elm Street to the R1 Parking Lot. Park and walk across bridge to get to the WATTS Center.

From the South: Take Ohio Rt.11 North to I-680. From I-680, take Exit 4A, Route 422 East. Then take exit 4A, Rt. 422 East. Exit the freeway at Fifth Avenue. Stay straight to go onto Madison Ave. which will turn into EB Service Road. Take the 422 E ramp and turn slight right onto W. Scott St. and turn left onto Elm St. to the R1 Parking Lot. Park and walk across bridge to get to the WATTS Center.

From the West: Take I-71 or I-77 North to I-76 East. Where I-80 and I-76 divide, follow I-80 until it intersects with I-680 East to Youngstown. Follow I-680 to Exit 4A, Rt. 422 East. Then take exit 4A, Rt. 422 East. Exit the freeway at Fifth Avenue. Stay straight to go onto Madison Ave. which will turn into EB Service Road. Take the 422 E ramp and turn slight right onto W. Scott St. and turn left onto Elm St. to the R1 Parking Lot. Park and walk across bridge to get to the WATTS Center.



Physical Therapy Department



Youngstown
STATE UNIVERSITY