



# July 4th, 2011 ~ CONQUER THE HILL ~ Evendale, OH

## 30th Annual 10K Run & 4.5 Mile Walk at 8:00 AM

**Location:** Evendale Recreation, 10500 Reading Rd., Cin., OH 45241. Parking around the municipal complex & Evendale Crossings Shopping Center. No dogs, bikes, inline skates or skateboards. **Contact:** [Kim.Pielage@evendaleohio.org](mailto:Kim.Pielage@evendaleohio.org) or 513-563-2247. **10K Run Course:** USATF Certified; Course map posted on race day, [www.evendaleohio.org](http://www.evendaleohio.org) & by request. Runners & walkers both start at 8:00 AM. Turn in placecards following race. **Walkers Course:** 4.5 mile course. **NO RUNNING.** All ages welcome, family friendly; *not a professional walker's course.* **Male and Female Runner Divisions:** Overall, Evendale Resident, 15 & Under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70 & Over. **Walkers:** 1st Female, 1st Male. **Awards:** \$50 savings bonds to each first place runner in each race division. Overall placers not eligible for age group awards. The first place male & female walker receive a trophy, guest passes to the Evendale Pool & a concession gift certificate. **Results posted [www.evendaleohio.org](http://www.evendaleohio.org).** **Door Prizes!!! Must be present to win.** Fruit, bagels & bottled water following the race!

**Entry Fee: \$15**, includes a *free* t-shirt to runners and walkers pre-registered by Wednesday, June 22. **\$20 to register on race day, 7/4/11.** Checks made payable to **PHI LAMBDA PI, Evendale's Teen Group.** T-shirts are not guaranteed after June 22, and *may not be available on race day.* Participants are encouraged to register at any time prior to race day, or they may register on race day from 6:30-7:45 AM. **Mail is not able to be received 7/2-7/4.** Applications on-line at [www.evendaleohio.org](http://www.evendaleohio.org) or at the Evendale Recreation Center, 10500 Reading Rd, Evendale, Ohio 45241.

MAIL OFFICIAL ENTRY FORM & PAYMENT TO: Phi Lambda Pi, July 4th 10K, 10500 Reading Road, Cin, OH 45241.

<b>FIRST NAME</b>	<b>LAST NAME</b>	<b>PHONE</b>	<b>RUNNER</b> <input type="checkbox"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<b>WALKER</b> <input type="checkbox"/>
<b>ADDRESS</b>	<b>CITY</b>		<b>MALE</b> <input type="checkbox"/>
<input type="text"/>	<input type="text"/>		<b>FEMALE</b> <input type="checkbox"/>
<b>STATE</b>	<b>ZIP</b>	<b>E-MAIL</b>	<b>AGE ON RACE DAY</b> <input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<b>ADULT SHIRT SIZE</b>
			S M L XL 2XL (circle one)

In consideration of the acceptance of my entry, I, for myself, my executors, administrators, & heirs, do hereby release & discharge the officials, administrators, sponsors & individuals assisting in the presentation of this race from all claims of damage, liabilities, & causes of action whatsoever growing out of my participation in the race. I have full knowledge of the risk involved in this race. I assume those risks, & I will assume & pay my own medical expenses & emergency expenses in the event of accident, illness, or other incapacity regardless of whether I have authorized such expense. I am physically fit & sufficiently trained to participate in this race.

<b>RACE #</b>
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PARTICIPANT SIGNATURE _____	DATE _____	EMERGENCY CONTACT _____
PARENT SIGNATURE (if under 18) _____	DATE _____	EMERGENCY CONTACT PHONE NUMBER _____