

**Knights of Columbus
20th Annual Run/Walk
5K (3.1 Miles) at CRC
Lunken Playfield**



Former DD 12

LOCATION: Runners and walkers will have access to the Carl and Edyth Lindner Family Tennis Center for pre-race and post race activities. This wonderful facility will provide a warm atmosphere for a great event, refreshments and your great performance.

TIME AND LOCATION: CRC Lunken Playfield

- 8:30 a.m. Registration Opens
- 10:00 a.m. 5K Run & Fitness Walk
- 11:00 a.m. Awards Ceremony

COURSE DESCRIPTION: The flat fast course will begin near the Carl and Edyth Lindner Family Tennis Center at CRC's Lunken Playfield. Runners and walkers will head around the bike trail to a turnaround and circle back to the start along the same route.

ENTRY FEES:

- \$10 Pre-registration \$12 Race day registration
 - \$10 T-shirt option \$13 T-shirt on race day
- OR REGISTER ONLINE: www.noelrun.org

AWARDS: Top 15% of each division based on the pre-registration. Also, special awards to the first male and female runner overall.

RACE CATEGORIES: Men and Women: 14/under, 15-16, 17-18, 19-24, 25-29, 30-34, 35-39, 40-49, 50-54, 55-59, 60-64, 65-69 70-79, 80/over. **Weight:** Men 200-219 lbs., 220/over; Women 160/over lbs. **Fitness Walkers:** 29/ under, 30-39, 40-49, 50-59, 60/over.

RACE RESULTS: Complete results online at: www.finishtiming.com

INFORMATION: Call Eric Shiplett at (513) 470-0587 or visit the web site for flyers, results, schedule, links and to register online: www.noelrun.org

DIRECTIONS:

- Turn off Columbia Parkway onto the Beechmont Levee. Turn right on Wilmer.
- From downtown Cincinnati, take I-471 to I-275 East, take the Coney Island Exit, turn left (west) on Kellogg and right on Wilmer.

PARKING: Plenty of free parking at Lunken Playfield.

OFFICIAL ENTRY BLANK or REGISTER ONLINE: www.noelrun.org

Name _____ Sex ____ Age on race day _____

Address _____ Phone _____

City _____ State ____ Zip _____

Circle one:

Run

Fitness Walk

Run Weight M 200-219

Run Weight M 220/over

Run Weight W 160/over

___ \$10 Pre-registration

___ \$20 Pre-reg. w/ T-shirt

T-Shirt (circle one):

XXL XL L M S

MAKE CHECKS PAYABLE TO: NOEL RUN c/o Eric Shiplett
4017 Brandy Chase Way #379
Cincinnati, Ohio 45245

Entry Signature _____ Date _____

Parent's Signature (required if entrant is under 18) _____ Date _____

In case of medical emergency contact: _____ Phone _____