

**Knights of Columbus
21st 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:

- \$15 Pre-registration
- \$20 Race Day Registration
- Add \$15 for T-shirt

OR REGISTER ONLINE: www.noelrun.org

AWARDS: 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) 707-2068 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

___ \$15 Pre-registration

___ \$15 T-shirt Add-on

T-Shirt (circle one):

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THE FOLLOWING RELEASE MUST BE SIGNED: Inconsideration for the acceptance of my entry, I, for myself, my executors, administrators and assignees do hereby release and discharge The Knights of Columbus, Cincinnati Recreation Commission, finishtiming.com., and all sponsors and individuals assisting in the presentation of Noel Run from all claims of damages, demands and actions whatsoever in any manner or growing out of my participation in this event. I hereby attest and verify that I have full knowledge of the risks involved in this race, that I assume and pay my own medical and emergency expenses in the event of accident, illness or other incapacity, regardless of whether I have authorized such expenses, and that I am physically fit and sufficiently trained to participate in this race.

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

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

In case of medical emergency contact: _____ Phone _____