

5k Run/Walk

www.clintoncap.org www.facebook.com/clintoncountyseniorcenter ** Proceeds will benefit Clinton County Seniors **

Date: Saturday, September 6, 2014

Registration - 7:00 a.m. 5k Run/Walk - 8:00 a.m.

Location/Check-In: Clinton Commons

100 Commons Lane Wilmington, OH 45177

5k Entry Fees:

Adults - \$20 Pre-registered by August 20 \$25 after August 21 and day of race *Pre-Registered entries only will receive a free t-shirt* SEE BACK FOR MORE RACE DETAILS



Top 3 overall Women Runners Top 3 overall Men Runners

Name:		Gender: M	F	Age on R	lace [)ay:	
Address:	City:			Zip Code:			
Phone:	Email:			Ra	ace:	5k	Walk
Date of Birth:							
T-Shirt Size: Adult:	S M L XL	Youth: S	M L	XL			
All participants must sign (if under 18 years of age, must have parent/guardian signature). I know that by participating in this event there are potential hazards and risks and that I should not enter and participate unless I am medically able and properly trained. Having read this waiver and knowing facts and in consideration of accepting my entry, I and anyone entitled to act on my behalf, waive and release Clinton County Community Action, City of Wilmington, all sponsors, their representatives, employees and successors from any claims and liabilities of any kind arising out of my participation in this event or carelessness of the persons named in this waiver. Further, I grant to all of the foregoing the right to use my name and any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.							
Signature of Runner (or parent/guardian if under 18	3):			D	ate: _		
Make chacks nevable to CCCAD and MAID							

Make checks payable to: CCCAP and Mail Registration to: P.O. Box 32
Wilmington, OH 45177

Jane Newkirk @ 937-283-1918 or Rebecca Rushing @ 937-655-2163

Pre-Registration packets will be available for pick up on September 5th between 5 p.m. – 7 p.m. at Clinton Commons Community Room or pick up the day of the event.



ALL TURNS WILL BE MARKED WITH ARROWS

- Start at Clinton Commons Community Building (100 Commons Lane)
- > Turn left on Jeanie Wilson Way go through Senior Complex around back cul-de-sac
- Straight out onto Nunn Avenue
- Cross 68 onto Indiana Avenue
- Left onto A Street
- Right onto Kentucky Avenue
- Right onto B Street
- Left onto Michigan Avenue
- Right onto North South Street
- Right onto Ruby Avenue
- ➤ Right onto B Street
- Left onto Ohio Avenue
- Cross over 68 onto North Spring Street
- Right onto Locust Street
- Right onto Wood Street
- ▶ Left onto East Vine Street
- Left onto Grove Street
- Right onto Clinton Street
- Right onto Thorne Avenue
- Right onto Howard Street
- Left onto Commons Lane through senior complex and around cul-de-sac
- Left onto Howard Street
- Finish line by Community Building (where the race starts)