



5K RUN / WALK

www.clintoncap.org

www.facebook.com/ClintonCCAP

Date: Saturday, September 11, 2021

Complete a 5k (3.1 miles) at your own pace on this date and post your pictures on Facebook tagging us and using the hashtag, #cccpcorn5k. You can choose your own route or follow the directions, which is the usual Corn walk or run route.

By participating in this event, you will be part of providing a nice and safe facility for seniors!

5k ENTRY FEE:

\$20 Pre-registered by August 25th

Only pre-registered entries will receive a free t-shirt.

AWARDS:

A medallion will be mailed to all participants who complete the 5k and post pictures as proof. Come join us for this fun event!



NAME: _____

ADDRESS: _____ CITY: _____ ZIPCODE: _____

PHONE: _____ EMAIL: _____

Choice of Tank Top or T-Shirt: (Please select one choice)

T-Shirt _____ Tank Top _____ Size: (Adult) S M L XL 2X 3X (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 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, recording or any other record of this event for legitimate purposes.

Signature of participant (or parent/guardian if under 18): _____ Date: _____

Mail Registration to: P.O. Box 32, Wilmington, OH 45177
E-Mail Registration to: janenewkirk@clintoncap.org
Make checks payable to: CCCAP
Paypal: info@clintoncap.org, put "5K" in the note.



5K RUN / WALK

ROUTE DIRECTIONS:

- 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 route begins)