

# BETWEEN THE RIVERS 5K

Run/Walk SEPT. 11, 2010

BENEFITTING THE COVENTRY SCHOOLS FOUNDATION

On the Towpath - flat, fast, waterfront and beautiful

**About the Event:** The course is between the rivers. On the right is the Tuscarawas River's beginning, On the left is nearly 3 miles of water-filled canalway. The running course splits the two waterways.

**Event Description:** This event is a one-direction 5k course along the waterfront of the Towpath, timed by RS Racing Systems, the folks who do the Subway Challenge Series. It is on the roads and towpath, and will end near Young's Restaurant. This is very pretty section of the Towpath, called the Mesopotamia section, because it is between two waterways and has beautiful flora. There will be fun for everyone with raffles, food, and much more!

**Registration:** Register by mail or online at [www.active.com](http://www.active.com) or [www.ohiochallengeseries.com](http://www.ohiochallengeseries.com) or with a credit card. Preregistration by 5pm September 10 is \$20 and race day registration is \$25. Race day registration and packet pickup will begin at 7:00am race day morning.

**Location:** Race packet pickup is at Coventry High School on Manchester Rd. (State Route 93) and is accessible from Interstate 77 and 224.

**Awards/Giveaways:** All preregistered runners and walkers will receive a technical T-shirt. Limited amounts will be available race-day. Awards will be given to the top 5 male and female 5k runners and top 3 overall walkers. The top 3 in each of the following age groups will receive awards:

**Runners:** 11 & under, 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70 & older.

**Walkers:** 11 & under, 12-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & older.

Participants can also enjoy post-race food and drink, and will be entered into drawings for a variety of prizes.

**Champion Chip Timing:** All runners will be timed with computer chips attached to the shoe. Results will be available at [www.ohiochallengeseries.com](http://www.ohiochallengeseries.com) on race day.

**Information:** For more information, contact Sean Fremon at [portagelakes@yahoo.com](mailto:portagelakes@yahoo.com), Crystal Cianciola at [crystal@coventryschoolsfoundation](mailto:crystal@coventryschoolsfoundation) or Karen Ayers at [karen@ayersinsurance.com](mailto:karen@ayersinsurance.com)

You can also phone 330-351-2525 or 330-644-6300.



Name: \_\_\_\_\_ Sex (circle) M F

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Age: \_\_\_\_\_ Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ T-shirt (circle) S M L XL XXL

E-mail: \_\_\_\_\_ Event (circle) 5K Run 5K Walk

Visa/Mastercard number: \_\_\_\_\_ Expiration date: \_\_\_\_\_ Name on Card: \_\_\_\_\_

Card signature: \_\_\_\_\_

I, the undersigned, realize that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to safely