

AVONDALE FEET IN THE STREET 5k



Avondale Feet in the Street 5K
Cincinnati, Ohio
Saturday, October 15, 2016 at 8:30 AM

The Avondale Feet in the Street 5K will benefit the Avondale Youth Council. The Avondale Youth Council provides work and volunteer opportunities for teens while exposing them to community involvement. AYC provides youth with a welcome experience where their opinions are valued, their ideas desired, and their leadership highly visible.

Help us help them!

5K Course: Through the streets of Avondale to finish at Fleishmann Gardens park. There will be one water station along the course. Food, refreshments and live entertainment will be available for all participants in Fleishmann Gardens Park after the race.

The course is accurately measured to USATF standards.

Awards: The race will be accurately "chip timed" using MyLaps Bib Tag technology. Special awards will be given to the top male and female 5K finishers. The top 3 finisher in each division, fastest team average and team with the most members will also receive special awards. Average team time is base on the fastest four on the team (four person min).

Location: Avondale Town Center, Forest Ave and Reading Rd, 45229.

Race will begin in Rockdale Ave. cul-de-sac near the old Fire Co. 32, Ladder Co. 12 Fire Station.

Directions: From I-75 take Exit 6 Mitchell Avenue. Go east to Vine Street. Turn right on Vine Street. Turn left on Forest Avenue. Park at the Avondale Town Center. From the Norwood Lateral take the Reading Road Exit. Go south to the Avondale Town Center. Park at the Avondale Town Center.

There is plenty of free parking available in the Avondale Town Center parking lot (corner of Reading Road and Forest Ave. and at South Avondale School parking lot off Prospect Place.

Questions about race, contact race director: greg@runningtime.net.

Race Divisions:
Male & Female

Run: 9 & under; 10-14; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-69; 70 & up

Walk: 29 & under; 30-39; 40-49; 50- 59; 60 & up.

Teams: Join a team or start your own team and compete for team awards.

Packet

Gabriel's Place

Friday, October 14, 3:00 PM - 6:00 PM.

Race day registration begins at 7:30 AM -

Pick Up:

3614 Reading Road

513-281-4414

Avondale Town Center Forest Ave and Reading Rd, 45229

Cincinnati, Ohio 45229

----- Official Registration Form -----

Registration: (Register online at www.runningtime.net) Deadline for pre-registration is Thursday, October 15th

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
E-Mail: _____
Telephone No.: _____

___ 5K Pre-registration: \$25
___ 5K Pre-registration 12 years of age and under: \$15
___ 5K Race Day registration: \$30
___ Sleep In Pre-registration (includes shirt): \$30

Gender: M ___ F ___ Age: _____ (As of race day)

___ Tech-Shirts are available with pre-registration for \$10
Register by 9/15/16 to be guaranteed your size.

Runner ___ Walker ___ Team Name: _____

Circle shirt size you want:

Youth sizes: M L
Adult sizes: S M L XL XXL

Make checks payable to:

Avondale Comprehensive Development Corp. (ACDC)

3494 Reading Road, Suite 1A Cincinnati, OH 45229

To use credit card register on line

Emergency, contact:

Name/Relationship: _____ Phone No.: _____

In consideration for the acceptance of my entry, I, for my executors, administrators and assignees do hereby release Avondale Comprehensive Development Corporation, the Avondale Community Council, Avondale Running Club, Running Time, LLC, the City of Cincinnati, all sponsors, volunteers, race staff, directors and officers, together with their subsidiaries, successors, heirs, directors, officers, agents, attorneys, and representatives from all claims of liabilities of any kind and character whatsoever arising from my participation in the 5K or Fun Run or any of its allied or accompanying events. I hereby attest and verify that I have full knowledge of the risks involved in the race, that I assume and pay my own medical and emergency expenses in the event of accident, illness or incapacity, regardless I have authorized such expense, that I am physically fit and sufficiently trained to participate in this race. I consent to the use of my image in photos, video and audio recording, and film, of my participation in all race events.

Signature: _____ Print Name: _____

Signature of parent/guardian if under 18: _____ Print Name: _____