

USATF Certified Course
 Mile Markers at each Mile
 Aid Station on Course
 U.S. Savings Bonds to Overall Winners
 Unique Age Group Awards to Top Three
 Day of Race Registration Available
 Award for Best Costume
 Pre-race Packet Pickup (Sat 12:00-5:00)
 Bib Numbers to all participants
 Athena & Clydesdale Divisions
 Early Entry Discount
 Family Friendly Discount
 Award to Top CF Male & Female Finishers

LOCATION

The 6th Annual Natatorium
 Member Appreciation and
 Community 5 K Race & Walk will
 be held on a closed, flat loop
 USAT Certified Course through
 streets in residential
 neighborhoods. Both races start
 on 3rd Street in front of the
 Natatorium.

TEE SHIRTS

Specially designed technical tee
 shirts for all pre-registered
 entrants. Shirts for race day
 entrants based on availability.
 Family Fun Run participants
 will receive short sleeved tee
 shirts.

REFRESHMENTS

Post race refreshments
 available at Expo

RUNNERS KITS

Premium goody bags to all
 pre-registered runners
 and walkers



Due to insurance limitations, no headphones,
 baby joggers, inline skates, animals, etc.
 are permitted. The Race Director reserves
 the right to refuse any entry.

Online registration available at:
www.Active.com

For more information
 Call 330-971-8087

www.cityofcf.com/natatorium



Thanks to our Sponsors
 North Akron Savings Bank/Subway
 Summa Health System/Fleet Feet Sports/Ritchies
 Sporting Goods/Giant Eagle/NZ Manufacturing/



6th ANNUAL
 NATATORIUM

USATF Certified
 Course OH
 04037 PR

"The Best 5K in Ohio"

* 5K Race

* 5K Walk

* 1 Mile

Family



SUNDAY
 SEPT. 20, 2009

FUN RUN 8:00 AM
 5 K Race & Walk 8:30 AM

REGISTRATION

Race Day Registration/Package Pickup

7 am- 8:15 am to register and receive packets

Pre-registration/Package Pickup

Saturday, September 19

Noon to 5 pm

On-line Registration:

www.active.com by September 18

ENTRY FEES

5 K Race & Walk

\$18 Pre-registered (1/1/09- 8/31/09)

\$20 Pre-Registered After 9/1/09 & Race Day

1 Mile Family Fun Run

\$ 7 Before 12/31/2008

\$ 8 After 1/1/2009

\$20 Family Max Entry Fee

(pre-registration encouraged—no refunds or exchanges)

RACE DAY SCHEDULE

1 Mile Family Fun Run 8 am

5 K Race & Walk 8:30 am

For race information, contact:

Julie O'Connell 330-971-8087

Or OconnellJA@cityofcf.com

oconnellja@cityofcf.com

RACE FEATURES

AWARDS

5 K Overall—Top male and female finishes

5 K Masters Overall—Top male and female age 40 and over

5 K Age Groups—to the top three males and females in the following groups:

14 & under	45—49
15—19	50—54
20—24	55—59
25—29	60—64
30—34	65—69
35—39	70 & over
40—44	

***(Age group awards may go deeper than the top three based on participation)**

***Savings Bonds to Course record breakers**

Course Records

Male-Josh Ritchie 16:19 (2007)

Female-Michelle Farr 18:44 (2008)

***Savings Bonds to First Place**

Male and Female

***Clydesdale (200+ lbs. males) and Athena (155+lbs. females) Awards**

***Sponsor & Exhibitor Opportunities Available for 2009**

Ribbons

To

All



ENTRY FORM

One Entry Form Required for Each Person

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____ Age _____

Male _____ Clydesdale _____ Female _____ Athena _____

_____ Check if you are using a wheelchair

_____ 5K Race & Walk _____ Mile Family Fun Run

Shirt Size:

Adults °S °M °L °XL

Youth °M °L

Make checks payable to:

**City of Cuyahoga Falls, 2345 Fourth St.,
Cuyahoga Falls, Ohio 44221**

Attention: Race Director

Release: In consideration of the acceptance of this entry to the Natatorium 5 K Race & Walk and Mile Family Fun Run, I do hereby, for myself or my children, my heirs, executors and administrators, waive and release and discharge the Natatorium 5 K Race & Walk and Mile Family Fun Run, the Parks and Recreation Department, the City of Cuyahoga Falls, Summit Athletic Club and any hosts or sponsors, or their respective agents, representatives and employees, from all claims, demands and right of causes of action, present and future, whether known or anticipated, resulting from or arising out of, either directly or indirectly, my participation or my child's participation in the Natatorium 5K Race & Walk and Mile Family Fun Run. I attest that I am physically fit and sufficiently trained for completion of this race. I hereby grant full permission to any or all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of the event for any legitimate purpose. I have been informed that entrants under 18 years of age require parental approval and signature on this form in order to participate in this event. I have read and understand the foregoing assumption of risk and release this _____ day _____ year _____.

Signature _____

Parent or Guardian if Under 18