

Pyma-Laker 5K Run/Walk & Kids' 1/2 Mile Fun Run

PRIZES

**All proceeds benefit
Pymatuning Valley Cross
Country**

Saturday, July 10, 2010

1/2 Mile 8:30 AM, 5K 9:00 AM

Pre-register by: 7/7/10

Entry fees:

- \$12.00 pre-registered by July 7, 2010
- \$15.00 day-of registration
- \$10.00 Kids' Run

**Birch's Landing in Pymatuning State
Park in Andover, OH**

**Take Ohio St. Rt. 11 to US Rt 6. Take Rt 6 east
into Andover. Take St Rt 85 east to traffic light
at causeway and turn right onto Pymatuning
Lake Rd. Follow Pyma-Lake Rd south for
about 3 miles. Birch's landing will be on your
left.**

**For more information or to register call:
Shawna Bryan 440-293-4164**



First Prize (male and female 5K): \$100 savings bond
Prizes to top 3 in each age group (5K): 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over
(Male/Female in each; no separate walker category)

Kids' Race: Trophies to top boy and girl, and top 3 in age groups 6 & under, and 7-12.
Participant award to all who finish.

Course: Through Pymatuning State Park; scenic, fast, & shaded. Timing and finish line services by Ted Rupe.
Part of North Coast Grand Prix, sponsored by Achilles Running Shop.

**T-shirts to the first 150 registered runners.
Free Refreshments for all!!!
Free pizza!
Door Prize Giveaway!**

Name _____

Address _____

Phone _____

T-shirt: adult: S M L XL

Youth: M L

Sex _____ Age on race day _____

I, intend to be legally bound, hereby, for myself, my heirs, executors and administrators, voluntarily assume all risks of accident or injury & release & forever discharge the State of Ohio, Ohio Dept. of Natural Resources, & its employees, officers, & agents from any & all liability for personal injury or property damage of any kind sustained at Pymatuning State Park during 5K or 1/2 mile Run on July 10, 2010. Whether such personal injury or property damage is caused by the negligence of the State of Ohio, Dept. of Natural Resources, or its employees, officers, agents, or otherwise.

I further covenant & agree to indemnify & hold harmless the State of Ohio & Dept. of Natural Resources, its employees, officers, & agents from all loss & expense, including, but limiting to damages, legal expenses, & cost of defense, in any manner arising from my use of the state park.

By my entry, I do hereby waive any claims I may have against the Pymatuning Valley Local School District or Sponsors for any damage or injuries suffered by myself or my family while participating in this event. I am entering this event with full knowledge of all potential hazards of running & this release is my acknowledgement of that risk. With my signature, I permit the Pymatuning Valley Local School District to use this information for promotions.

Signature _____ Date _____

Race (circle 1): 5K 1/2 mile _____
Signature of parent or guardian if under 18 years of age. _____ Date _____

**Mail bottom part of form
with entry fee to:**

**Pymatuning Valley Cross
Country
c/o Shawna Bryan
4725 Webb Dr.
Andover, OH 44003**

**Phone: 440-293-4164
E-mail:
shawna.bryan@neomin.org**

**Make checks payable to:
"PV Cross Country"**