



**Firemen's Memorial
5K Run - Walk
Saturday - July 24, 2010 - 9:00 A.M.
1 Mile Run - Walk 8:30 A.M.
New Bremen, Ohio**



www.grandlakehealth.org

New For 2010: Speedy Feet will be providing online registration, electronic chip-timing, and race results. Visit www.speedy-feet.com for more details.

Race Location: Starts and finishes at the Crown Pavilion (Washington and Plum Street).
Pre-registration must be postmarked by July 17, 2010, or online registration will be open until July 20, 2010
Race Day Registration opens at 7:30 A.M.

Course: Flat scenic course finishing along the Miami Erie Canal

Entry Fee: Pre-registered \$18 - includes shirt, \$10 with no shirt
Race Day \$20 - includes shirt (while supplies last) \$12 with no shirt
1 Mile Run - Walk \$10 includes shirt \$1 without shirt

Make checks payable to Firemen's Memorial Run and mail entries to:

Firemen's Memorial Run
PO Box 202
New Bremen, OH 45869

Awards: Plaques for the top 3 male and female overall, medals for top 3 in each age group.

Age Groups: 14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, & 60-older

Door Prizes: Many prizes donated by generous sponsors. Must be present to win.

Results: Will be posted at www.speedy-feet.com

Race Director: Nathan Niekamp 419-305-0980

All proceeds donated to the New Bremen German Twp. Fire Department Scholarship Program

Firemen's Memorial - July 24, 2010 - 5K Run Walk & 1 Mile Run - Walk

Age as of July 24, 2010: _____ 5K Run-Walk Sex: _____ Male or _____ Female
Birth Date: ____/____/____ 1 Mile Run-Walk

Shirt Size: (please circle) **ADULT:** S M L XL XXL **YOUTH:** S M L

Name _____ **Email** _____

Address _____ **Phone** _____

City _____ **State** _____ **Zip** _____

In consideration of the acceptance of my entry, I, for myself, my executors, administrators, and assigns, do hereby release and discharge the New Bremen Fire Department German Township Fire Department, and any other sponsors and officials for all claims of damages, demands, or actions whatsoever in any matter arising or growing out of my participation in said athletic event.

Participant signature and Parent/Guardian if under 18

Date