Sole to Soul 5K

2013 RRCA Ohio 5K State Championship

5K RACE & WALK – 1K KIDS RACE

BY SECOND SOLE TO CELEBRATE OUR 5th ANNIVERSARY!

WEDNESDAY NIGHT, AUGUST 7, 2013

REGISTRATION: OPENS AT 6:00 PM. 1K KIDS RACE AT 7:30 PM. 5K RACE AT 8:00 PM

LOCATION: Second Sole Running Store, 4130 Levis Commons Blvd., Perrysburg, Ohio
Start and finish at store on flat and fast 5K road course around Levis Commons. One water station on course. Course is accurately measured.

AWARDS

- Top Five Male/Female, Overall Master (40+) Male/Female , Overall Grand Master (50+) win Gift Certificates!!!
- Age group awards (at least 3 deep) win socks. No duplication of awards, 9 & under, 10-12, 13–14, 15-16, 17-19, 20–24, 25-29,30-34,35-39,40-44,45-49,50-54, 55-59,60-64,65-69,70 - 74, 75 -79, 80-84, 85 & older
- In Kids 1K (12 and under) Overall Male/Female. All finishers receive an award.

SHIRTS REFRESHMENTS AND OTHER INFO:

- Race is timed with disposable timing chips!
- Fruit & sport drink at finish - Door prizes and special store sales for all participants.
- Early packet pick-up at the store starting on Sunday, August 4, 2013 through race day during store hours!

ENTRY FEES:

- Entry fee for Pre-registered - postmark or on-line by Saturday, July 27, 2013 $ 16.00
- DISCOUNTED Pre-registered fee for High School/Elementary Cross Country runners (age 18 or under):
  $12 per participant by Saturday, July 27, 2013 $16 Late and Day of Race (age 18 or under)
- Register in-person at the store by Saturday, July 27 and receive a $2 discount. off the above fees.
- Online registration available at IMAthlete.com until Monday, July 29, 2013.
- Entry Fee for Late or Day of Race - $ 20.00
- 1K Kids Race- Pre-Register by above deadline $8.00 with cotton shirt. Day of Race $1.00 – No Shirt.
- Entry fees payable to: Second Sole and Mail to Second Sole, 4130 Levis Commons Blvd, Perrysburg, OH 43551
- Information? Call Second Sole at 419-931-8484

CUT HERE – ENTRY FORM MAY BE PHOTOCOPIED- PLEASE PRINT

NAME_____ TELEPHONE:(_____)_____

ADDRESS_____ CITY/STATE:_____

ZIP CODE:_____ SEX: (CIRCLE) M F AGE (ON 8/7/2013):_____ DATE OF BIRTH:_____

SHIRT SIZE: (CIRCLE) YL S M L XL 2XL EMAIL ADDRESS:_____

CROSS COUNTRY RUNNER? (CIRCLE) YES NO IF YES , WHAT SCHOOL? _____

IN CONSIDERATION OF YOUR ACCEPTANCE OF THIS ENTRY, I HEREBY FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS WAIVE AND RELEASE ALL RIGHTS FOR CLAIMS AND DAMAGES I MIGHT HAVE AGAINST THE RACE DIRECTOR, SECOND SOLE RUNNING STORES, SPONSORS, AND ALL RELATED PARTIES FOR ANY AND ALL INJURY OR DAMAGE RESULTING FROM PARTICIPATING IN THE ABOVE EVENT. I AM IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN THIS EVENT.

SIGNED_____ (PARENT OR GUARDIAN IF UNDER AGE 18) DATE: _____

2013 SOLE TO SOUL 5K ENTRY FORM

SECOND SOLE
RUNNING SPECIALTY

DIRECTIONS TO RACE:

I-475/US 23 TO US 25 EXIT SOUTH US 25 SOUTH TO THE TOWN CENTER AT LEVIS COMMONS, TURN RIGHT ON LEVIS COMMONS BLVD. THE SECOND SOLE STORE IS TWO BLOCKS IN ON THE LEFT. PARKING IS BEHIND THE STORES.

EVENT HIGHLIGHTS

- RACE IS TIMED WITH DISPOSABLE CHIPS AT BOTH START & FINISH LINES
- NEW THIS YEAR! KIDS 1K RACE STARTING AT 7:30PM.
- TOP FIVE OVERALL M&F WIN SECOND SOLE GIFT CERTIFICATES, 1st $100, 2nd $75, 3rd $50, 4th $30, 5th $25. OVERALL MASTERS (40 and UP) M&F WIN $50 GIFT CERTIFICATES. OVERALL GRAND MASTERS (50 and UP) M&F WIN $25 GIFT CERTIFICATES. NO DUPLICATION OF AWARDS.
- FLAT & FAST COURSE GREAT FOR BOTH FIRST TIMERS AND COMPETITIVE RUNNERS (LAST YEAR TOP 23 WERE UNDER 18 MINUTES).
- A GREAT TUNE-UP EVENT FOR CROSS COUNTRY SEASON!
- DISCOUNTED PRE-REGISTERED ENTRY FEE FOR HIGH SCHOOL & ELEMENTARY SCHOOL CROSS COUNTRY RUNNERS (AGES 18 AND UNDER).
- DISCOUNTS FOR PRE-REGISTERING IN PERSON AT THE STORE UNTIL SATURDAY, JULY 27.
- RACE FALLS ON BAR LOUIE'S $1 BEER NIGHT (LOCATED ACROSS STREET)
- ALL PARTICIPANTS RECEIVE A $10 DISCOUNT STORE COUPON AND ARE ENTERED IN A RAFFLE FOR SHOES FROM SECOND SOLE
- ON-LINE PRE-REGISTRATION AT IMATHLETE.COM
- EARLY PACKET PICK-UP AT THE STORE DURING BUSINESS HOURS STARTING ON SUNDAY, AUGUST 4TH THROUGH RACE DAY
- ONE OF THE AREA'S LARGEST 5K'S WITH OVER 400 FINISHERS EACH OF THE LAST FEW YEARS.

SOLE TO SOUL 5K EVENT RECORDS

OVERALL MALE	Ridge Robinson	14:59
OVERALL FEMALE	Emma Kertesz	16:47
MASTERS MALE	Henry Maldondo	16.23
MASTERS FEMALE	Chris Vincent	19.46

Shamrock
Racing Sports