



What: Three trail races - 50K (31 miles), 25K (15.5 miles), and 5K (3.1 miles; walkers are welcome in the 5K). This is a Toledo Roadrunners Club (TRRC) and Second Sole Running Store sponsored event. All proceeds benefit SewHope, a non-profit that serves the poor in Guatemala (www.sewhope.org).

Where: Oak Openings Metropark (5240 Wilkins Road, Whitehouse, OH) located 2 miles west of Toledo Express Airport and south of Airport Hwy (Route 2). All races start and end at the Buehner Center in the park located next to Mallard Lake on Oak Openings Park Drive. For a park map and info: www.metroparkstoledo.com (select Oak Openings from the drop-down menu).

Start Times: 50K – 8:30 a.m., 25K – 9:00 a.m., 5K – 9:10 a.m.

Courses: The 25K and 50K courses follow the 15.5 mile Oak Openings Scout hiking trail counterclockwise (1 or 2 laps) with aid stations every 2-3 miles. The 5K follows portions of the red and blue trails, and has one aid station at about 1.5 miles. Post-race food and beverages will be in the Buehner Center.

Awards for each race:

- Male and female overall and masters (age 40 and up); age groups: 0-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and up; age group awards at least three deep; one award per person.
- All finishers will receive a finisher's medal; electronic timing by Ohio Race Day timing.

REGISTRATION: Online only through www.imAthlete.com
REGISTER EARLY!!! THE METROPARKS HAS LIMITED TOTAL ENTRIES FOR ALL EVENTS TO 150!!

- **Prices:**

	Early (by August 19 th)	Late (after August 19 th)
50K	\$50 (\$45 for TRRC members).....	\$55 (\$50 for TRRC members)
25K	\$45 (\$40 for TRRC members).....	\$50 (\$40 for TRRC members)
5K	\$25 (\$20 for TRRC members).....	\$30 (\$25 for TRRC members)
- Register by August 19th to guarantee a long-sleeve tech shirt; late registrants while supplies last.
- Minimum age requirements: 50K: 15 y.o., 25K: 11 y.o., 5K: any age
- **There is no race day registration**

Packet pick-up:

- Early – Friday Sept 14th, 4-8 p.m. and Saturday, Sept. 15th, 11a.m.-6 p.m. at Second Sole Running Store in Levis Commons, Perrysburg, OH.
- Race morning – at the Buehner Center starting around 7:30 a.m.

Info: www.oakopeningsstampede.com or Randy Ruch; 419-410-2359; randallruch@gmail.com

