

4th Annual Power House Run/Walk



5K Run / Walk & Kids 1K Fun Run

SATURDAY, April 10, 2010

RACE DAY REGISTRATION: OPENS AT 8:00 AM

5 K RACE / 5 K WALK AT 9:00 AM

KIDS 1K FUN RUN AT 10:00 AM



REGISTRATION LOCATION: Whitehouse Primary School, 6510 Texas Street, Whitehouse, OH

5K COURSE: Start and finish at School, one water stop on flat & fast 5K course on Village Streets & Wabash Cannonball Trail.

AWARDS:

- Overall male/female, Overall Master (40+) male/female, Grand Masters (50+) in the 5K race. The 5K walk is noncompetitive.
- Age group awards (at least two deep) in the 5K race.
- 5K Race - Male & female: 11 & under, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-4, 55-59, 60-64, 65-69, 70 & older
- Kids 1K Fun Run – First male & female (grades K-4) receive award. All finishers will receive a finisher's award

SHIRTS, REFRESHMENTS AND OTHER INFO:

- All pre-registered participants will receive a t-shirt. A limited number of shirts will be available on race day.
- Refreshments at finish
- All proceeds benefit the Whitehouse Parents' Club

ENTRY FEES/REGISTRATION:

5K Race/5K Walk –Pre-registered – **postmarked by March 19, 2010** \$15.00

5K Race/5K Walk –Day of Race - \$20.00 with shirt if available; \$15.00 – no shirt

1K Kids Fun Run – (students in grades K-4) Pre-registered – **postmarked by March 19, 2010** \$5.00;

1K Kids Fun Run – (students in grades K-4) Day of Race - \$5.00 with shirt if available; \$1.00 – no shirt

Entry fees payable to: Whitehouse Parents' Club (a **501(c)(3)** organization)

Mail to: Powerhouse 5K, Whitehouse Primary School, 6510 Texas Street, Whitehouse, Ohio 43571

ONLINE: https://www.active.com/event_detail.cfm?event_id=1694068 (service fees apply)

INFORMATION? Call Lori Yoder @ 419-376-8770.

CUT HERE – ENTRY FORM MAY BE PHOTOCOPIED – PLEASE PRINT

NAME: _____ TELEPHONE: _____

AGE(on 4/10/2010): _____ SEX(circle) M F TEACHER (for WH students only): _____

INDICATE EVENT: (circle) 5K RACE / WALK KIDS 1K FUN RUN

SHIRT SIZE (circle) ADULT: AS AM AL AXL A2XL YOUTH: YS YM YL
(Additional shirts may be purchased with pre-registration at \$7.00 each – please indicate size above & include payment with registration)

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, THE ANTHONY WAYNE SCHOOL DISTRICT, 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: _____