



Avondale Feet in the Street 5K

Cincinnati, Ohio

Saturday, October 14, 2017 at 8:30 AM

The Avondale Comprehensive Development Corporation (ACDC) in partnership with the Avondale Running Club is hosting its 4th annual Avondale Feet in the Street 5K. This special event will raise funds for ACDC to **Grow Avondale**. Presenting Sponsor FIFTH THIRD BANK

5K Course: Through the streets of Avondale to finish at Fleishmann Gardens park. There will be one water station along the course. Food, refreshments and live entertainment will be available for all participants in Fleishmann Gardens Park after the race.

The course is accurately measured to USATF standards.

Awards: The race will be accurately "chip timed" using MyLaps Bib Tag technology. Special awards will be given to the top male and female 5K finishers. The top 3 finisher in each division, fastest team average and team with the most members will also receive special awards. Average team time is based on the fastest four on the team (four person min).

Location: South Avondale Elementary School, 638 Prospect Place. 45229 Race starts on Rockdale Avenue cul-de sac at rear of school.

Directions: From I-75 take Exit 6 Mitchell Avenue. Go east to Vine Street. Turn right on Vine Street. Turn left on Forest Avenue to Reading Road, right on Reading to Prospect Place. From the Norwood Lateral take the Reading Road Exit. Go south to Prospect Place.

There is plenty of free parking available in the area of the Avondale Town Center (corner of Reading Road and Forest Ave. and at South Avondale School parking lot off Prospect Place.

Questions about race, contact race director: greg@runningtime.net.

Race Divisions:	Run: 9 & under; 10-14; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-69; 70 & up
Male & Female	Walk: 19 & under; 20-29; 30-39; 40-49; 50-59; 60 & up. Teams: Join a team or start your own team and compete for team awards.
Packet	Gabriel's Place
Pick Up:	Friday, October 13, 3:00 PM - 6:00 PM.
	3614 Reading Road
	513-281-4414
	Cincinnati, Ohio 45229
	Race day registration begins at 7:30 AM
	South Avondale Elementary School, 638 Prospect Place 45229

Official Registration Form

Registration: (Register online at www.runningtime.net) Deadline for pre-registration is Thursday, October 12th

Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 E-Mail: _____
 Telephone No.: _____

- ___ 5K Pre-registration: \$25
- ___ 5K Pre-registration 12 years of age and under: \$15
- ___ 5K Race Day registration: \$30
- ___ Sleep In Pre-registration (includes shirt): \$30

Gender: M ___ F ___ Age: _____ (As of race day)

Runner ___ Walker ___ Team Name: _____

Make checks payable to:

Avondale Comprehensive Development Corp. (ACDC)

3494 Reading Road, Suite 1A Cincinnati, OH 45229

To use credit card register on line

___ Tech-Shirts are available with pre-registration for \$10
 Register by 9/15/17 to be guaranteed your size.

Circle shirt size you want:

Youth sizes: M L

Adult sizes: S M L XL XXL

Emergency, contact:

Name/Relationship: _____ Phone No.: _____

In consideration for the acceptance of my entry, I, for my executors, administrators and assignees do hereby release Avondale Comprehensive Development Corporation, the Avondale Community Council, Avondale Running Club, Running Time, LLC, the City of Cincinnati, all sponsors, volunteers, race staff, directors and officers, together with their subsidiaries, successors, heirs, directors, officers, agents, attorneys, and representatives from all claims of liabilities of any kind and character whatsoever arising from my participation in the 5K or Fun Run or any of its allied or accompanying events. I hereby attest and verify that I have full knowledge of the risks involved in the race, that I assume and pay my own medical and emergency expenses in the event of accident, illness or incapacity, regardless I have authorized such expense, that I am physically fit and sufficiently trained to participate in this race. I consent to the use of my image in photos, video and audio recording, and film, of my participation in all race events.

Signature: _____ Print Name: _____

Signature of parent/guardian if under 18: _____ Print Name: _____