



# Avondale Feet in the Street 5K

Cincinnati, Ohio  
**Saturday, August 10, 2019 at 8:30 AM**

The Avondale Development Corporation (ADC) in partnership with the Avondale Running Club is hosting its 6th annual Avondale Feet in the Street 5K. This special event will raise funds for ADC to **Grow Avondale**. Presenting Sponsor: Health.

**5K Course:** Through streets of Avondale to finish in Rockdale cul-de-sac. There will be one water station along the course. Food, refreshments and Avondale Festival & Health Fair will be available for all participants in Lincoln 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 will also receive a finishers awards.

**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:  
 Male & Female

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  
 Walk: 19 & under; 20-29; 30-39; 40-49; 50-59; 60 & up. Teams: Join a team or start your own.

<b>Packet</b>	Friday, August 9,	ADC Offices
<b>Pick Up:</b>	3:00 PM - 6:00 PM.	3635 Reading Road 513-861-2232 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](http://www.runningtime.net)) Deadline for pre-registration is Thursday, August 8 th**

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 Development Corp. (ADC)  
 3635 Reading Road, Suite 200 Cincinnati, OH 45229  
*To use credit card register on line*

\_\_\_ Tech-Shirts are available with pre-registration for \$10  
 Register by 7/15/19 to be assured 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 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: \_\_\_\_\_