



VEGGIE TRAILS 5K

WEDNESDAY, MAY 20, 2020

6:30 P.M.

SWAN CREEK METROPARK



Plus a Free
Kid's Fun Run
before the 5K!

Where: Swan Creek Park, 4659 Airport Hwy., Toledo (the entrance is between Eastgate and Byrne Rd.)

Course: The 5K (3.1 mile) course uses parts of the blue, red, and all-purpose trails (and includes the famous bouncy bridge!) Walkers are welcome to participate! A kids' fun run (about 1/2 mile) will be held before the 5K. Refreshments will be available after the race.

Awards: Second Sole running store gift certificates to male and female overall and masters (age 40 and up). Age group awards at least three deep per age group (0-5, 6-12, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+). No duplication of awards.

Registration: All proceeds support The University Church Community Garden Program (www.theuniversitychurchtoledo.org/).

- **Cost:** \$20 (no shirt) or \$25 (with shirt). \$5 discount for Reynolds Elementary students, parents, and staff. Registration must be received by May 6th to guarantee a shirt.
- **Register online:** at Run Sign Up (www.runsignup.com)
- **Register by mail:** Cash or check (payable to The University Church). Send registration to:
 - Randy Ruch, 3828 Brookside Rd., Toledo, OH 43606.
- **Register at Second Sole Running Store** (in Levis Commons, Perrysburg) before the event.
- **Register at the event:** 5:00-6:15 p.m.
- **Don't wanna run, but wanna help?:** If running isn't your thing or you're unable to join us at the race, you can still register (as above, with or without a shirt) and your registration fee will be used for the garden's efforts. If you order a shirt, we'll contact you about picking it up. Make sure you check the "Don't Wanna Run" option below.



Packet pick-up:

- Tuesday, May 19th, noon-8:00 p.m. at Second Sole Running Store, Levis Commons, Perrysburg
- Wednesday, May 20th, (race day) 11:00-1:00 p.m. at Second Sole or at the event 5:00-6:00 p.m.

For more information: Randy Ruch at (419)410-2359 or randall.ruch@gmail.com

----- cut here -----

Name _____ Age _____ Male _____ Female _____ Shirt (men's fit): XS S M L XL 2XL

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

____ I DON'T WANNA RUN but I am registering to support the TUC garden program

Credit card payment (please write clearly):

MC or Visa only Card no. _____
(circle one)

Exp. Date _____ 3-digit security code _____

Name on card _____

Billing address: Street _____

City _____ State _____ Zip _____

WAIVER (PLEASE SIGN BELOW): In consideration of the acceptance of my entry, I, for myself, my executors, administrators and assignees, do hereby release all sponsors and individuals assisting in the presentation of the 2020 Veggie Trails 5K for claims of damages and actions whatsoever in any manner arising or growing out of my participation in this event. I acknowledge I have read and fully understand my own liability and do accept these restrictions.

X _____
Signature of adult participant
A parent or legal guardian must sign for participants under 18 years of age

Additional tax-deductible donation to TUC Garden Program \$ _____

Total paid \$ _____ (make checks payable to "The University Church")