

# MILES FOR MISSIONS



## 5K TRAIL RACE & FUN WALK

Event #2 of the Second Sole Trail Series

Wednesday, August 24<sup>th</sup>, 2011, 7:00 p.m.  
Side Cut Park, Maumee, OH

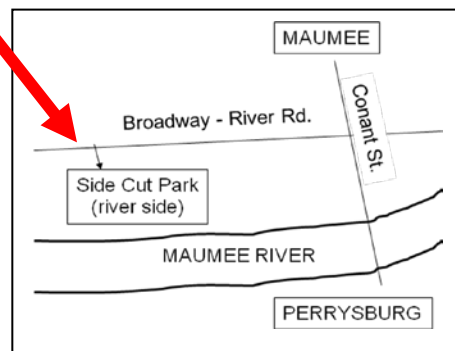
**Where:** Side Cut Park in Maumee on the river side at the Riverside shelter.

**Course:** The course is on park trails and the towpath. The footing will be packed stone, dirt, and grass. The race begins and ends at the Riverside shelter. Water will be available at approximately 1 and 2 miles. Walkers are welcome. Refreshments will be available after the race.

**Awards:** Overall M/F and masters (age 40+) M/F receive Second Sole gift certificates. Three deep per age group (no duplication of awards).

**Age groups:** 19/under, 20-29, 30-39, 40-49, 50-59, 60-69, 70/up

**A special prize** if you can outrun the "Panther".



### Registration:

- \$20 per person, kids under 12 free. Registration includes Brooks short-sleeve technical running shirt.
- By mail to Randy Ruch, 3828 Brookside Rd., Toledo, OH 43606. Cash, checks, money orders, and credit cards (Visa or MC) accepted. Make checks payable to "SewHope".
- At Second Sole, Levis Commons, Perrysburg. Cash, checks, money orders, and credit cards (Visa or MC) accepted. Make checks payable to "SewHope".
- On race-day from 5:30-6:30 p.m.
- Registration must be received by August 17<sup>th</sup> to guarantee a shirt.
- Pre-race packet pick-up at Second Sole, Levis Commons on Monday and Tuesday, August 22<sup>nd</sup> and 23<sup>rd</sup>.
- Proceeds support SewHope, a Toledo-based non-profit organization that provides medical and humanitarian services to the poor of Guatemala ([www.sewhope.org](http://www.sewhope.org)).

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Name \_\_\_\_\_ Age \_\_\_\_\_ Shirt size \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Credit card: MC or Visa Card no. \_\_\_\_\_ Name on card \_\_\_\_\_  
(circle one)

Billing address \_\_\_\_\_ Exp. Date \_\_\_\_\_ 3-digit security number \_\_\_\_\_  
(if different from above)

Additional donation to SewHope (donations are tax-deductible) \$ \_\_\_\_\_ Total amount paid \$ \_\_\_\_\_

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 Miles for Missions 5K Trail Race/Walk 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.

Signature of adult participant (a parent or legal guardian must sign for participants under 18 years of age) \_\_\_\_\_

Date \_\_\_\_\_

**For more information:** Contact Randy Ruch at (419)410-2359 or [randall.ruch@utoledo.edu](mailto:randall.ruch@utoledo.edu)