



OAK OPENINGS STAMPEDE

50K AND 25K ONE PERSON TRAIL RACES
50K TWO-PERSON RELAY TRAIL RACE
5K TRAIL FUN RUN/WALK
SUNDAY, SEPTEMBER 13, 2015

What: Three trail races - 50K (31 miles) single runner, 50K two person relay, and 25K (15.5 mile) single runner. Plus a 5K (3.1 mile) trail fun run/walk. This is a Toledo Roadrunners and Second Sole sponsored event. Proceeds benefit SewHope, a non-profit serving the poor in Guatemala (www.sewhope.org).

Where: The Buehner Center at Oak Openings Metropark. The park is located 2 miles west of Toledo Express Airport south of Airport Hwy. in Swanton, OH. The Buehner Center is located at Mallard Lake on Oak Openings Park Drive. For info about the park, go to www.metroparkstoledo.com and select Oak Openings from the menu.

Start Times and Course: All events begin and end next to the Buehner Center. Start times: 50K single runner and two-person relay @ 8:30 a.m., 25K single runner @ 9:00 a.m., 5K fun run/walk @ 9:10 a.m. The 25K and 50K races follow the Oak Openings Scout trail (1 or 2 laps) on single-track trails with aid stations every 2-3 miles. The 5K fun run/walk will be timed, follows portions of the red and blue trails, and has one aid station at about 1.5 miles. Post-race food and beverages in the Buehner Center. For more info: www.oakopeningsstampede.com.

Awards:

- 50K and 25K single runner races: male and female overall, masters (age 40 and above), and age groups 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and above; age group awards at least three deep.
- 50K two-person relay race: male-male, male-female, and male-female categories (no age groups); awards at least three deep
- 5K fun run/walk - no awards
- All finishers will receive a finisher's medal

Registration:

• **Mail-in:**

	<u>Early (postmarked by Aug 21st)</u>	<u>Late (postmarked after Aug 21st)</u>
50K single runner.....	\$40 (\$35 for TRRC members).....	\$45 (\$40 for TRRC members)
50K relay (two runner total price).....	\$70 (\$60 for TRRC members).....	\$80 (\$70 for TRRC members)
25K single runner.....	\$35 (\$30 for TRRC members).....	\$40 (\$35 for TRRC members)
5K single runner.....	\$20 (\$15 for TRRC members).....	\$25 (\$20 for TRRC members)

- **Online:** Through imAthlete; go to the OOS website (www.oakopeningsstampede.com) for info.
- **Race-day registration and packet pick-up:** available at the Buehner Center until 8:15 a.m.
- **Early packet pick-up and registration:** available at Second Sole Running Store in Levis Commons, Perrysburg, OH on Friday, Sept 11th, 4-8 p.m. and Saturday, Sept. 12th, 11 a.m.-6 p.m.
- **Pre-registrants** (by August 21st) will receive a **long-sleeve tech running shirt**; late registrants while supplies last.
- **Minimal age requirements:** 15 for the 50K, 11 for the 25K or relay, any age for the 5K.

Write checks to "TRRC" and mail with registration form to: Randy Ruch, 3828 Brookside Rd., Toledo, OH 43606

----- PLEASE WRITE LEGIBLY!!! Cut here -----

RELAY TEAMS NEED TO COMPLETE TWO ENTRY FORMS AND SUBMIT THEM TOGETHER!!!!

Event: 50K (single)___ 50K (relay)___ 25K (single)___ 5K___ Relay Team Name_____

Runner Name_____ Age on race day_____ M/F_____

Address_____ City/State_____ Zip_____

Phone_____ E-mail_____ Shirt (men's fit): XS S M L XL 2XL

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 Oak Openings Stampede 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_____ Date_____

(adult parent or guardian must sign for entrants under 18 years of age)

DONATE \$100 TO SEWHOPE AND GET A FREE ENTRY!

Donations should be made out to "SewHope" and mailed with a paper registration form to:
Randy Ruch, 3828 Brookside Rd., Toledo, OH 43606
SewHope is a 501(c)3 non-profit organization; donations are fully tax-deductible (www.sewhope.org)

For more info:

Randy Ruch
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