



Begun as a Boy Scout fundraiser in 2002, the Powell Spring 5K has developed into one of the premiere road races in Central Ohio. The outstanding course in a beautiful neighborhood, the professionalism of the race team, and the community feel of Adventure Park combine to make this a memorable event. Held annually the first Saturday in June, the Powell Spring 5k is a great way to kick off the summer season.

Date: Saturday June 5 2010

Start Time: 8:30am

Location:

The 5K will start and finish at Adventure Park in Powell and run through a local neighborhood!

Race Day Registration/Package Pick Up: 7:00AM

Entry Fee:

5K - \$25

1 Mile - \$5

Entry fee includes official event t-shirt (5k only) and post-race refreshments!

Awards:

Awards will be presented to the top 3 male and female participants overall, along with the top 3 male and female participants in each age group.

For complete details or to register online visit:

www.Powell5K.com

**REGISTER ONLINE AT
WWW.POWELL5K.COM**

**FILL OUT ALL FIELDS AND WRITE LEGIBLY!
INCOMPLETE FORMS WILL BE RETURNED
EACH PARTICIPANT MUST HAVE THEIR OWN FORM**

PLEASE CIRCLE ONE

- 5K Run/Walk - \$25
- 1 Mile Fun Run/Walk—\$5

Age: _____ **Gender:** M or F

Shirt Size: S M L XL XXL

First Name: _____

Last Name: _____

Address: _____

City: _____

St: _____ **Zip:** _____

Phone: _____

Email: _____

Waiver:

In consideration of being permitted to participate in any way in the Powell 5K ("Activity") I, for myself for personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of the Activity and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. FULLY UNDERSTAND THAT: THIS ACTIVITY INVOLVES RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions or inaction's, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE SECOND SOLE RACING LLC AND ANY OTHER EVENT SPONSORS; (c) there may be OTHER RISK AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation or that of the minor in the Activity.

Signature: _____

(Parent/Guardian if participant under 18 years of age)

FILL OUT **ALL** REQUIRED FIELDS
CHECKS PAYABLE TO SECOND SOLE RACING



Second Sole
ATTN: Powell 5K
315 Stoneridge Ln.
Gahanna, OH 43230