

MIAMISBURG  
**Lions 5K**  
CROSS COUNTRY  
2010



**Saturday July 17, 2010 8:30 AM**

**Location:** Medlar Soccer Complex, Miamisburg, Ohio

**Directions:** From SR741 take Miamisburg Springboro Rd West to Medlar Rd. Turn right onto Medlar Rd. The soccer complex is on the right.

**Parking:** Please park in the school parking lot.

**Course:** Why run the same old boring 5K, when you can run an exciting cross country course that the Miamisburg HS uses for their cross country invitational. The course is a flat fast 5K on grass.

**Awards:** The overall top 3 male and top 3 female runners will receive special awards.

Awards will be given to the top 3 finishers in age group.

Male & Female: 9 & Under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49  
50-54, 55-59, 60 & Over

**Results:** Race results can be viewed on Key Sports web site.

**Fees:** Entry fee is \$15 (with shirt ) and \$10 ( without shirt ) for all entries postmarked by July 8.

Make checks payable to: Miamisburg Lion's Club  
Mail to: Miamisburg Lion's Club  
10692 Nestling Drive  
Miamisburg, Oh 45342

**Registration:** Same day registration and preregistration packet pickup will be from 7:00 to 8:00 AM at the Medlar shelter house.

**Reason For The Run:** The proceeds from this run provides eye exams and glasses for Miamisburg school children who can't afford them. The proceeds also provides Thanksgiving Dinners and Christmas presents for needy families.

**DRAWING:** All runners are entered to win a \$50 gift certificate to Dick's Sporting Goods. Drawing after awards.

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**PLEASE PRINT**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Age as of 7/17/10:** \_\_\_\_\_ **Sex:** M F **Shirt Size:** S M L XL XXL

*I have entered into the 2010 UD Summer Cross Country Series: Y N*

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 Miamisburg Lion's Club Cross Country 5K for all claims of damages, demands and whatever actions arising or growing out of my participation in this race. I attest and verify that I am physically fit and have completed sufficient training for this event. I acknowledge I have read and fully understand my own liability and do accept these restrictions.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Phone #** \_\_\_\_\_

**Parent / Guardian Signature required if under 18 years of age:**

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