

SEVENTEENTH ANNUAL RUN YOUR TURKEY OFF 5K

WHEN: SATURDAY, NOVEMBER 25, 2006, 10:00 A.M.

WHERE: OHIO FURNACE, OHIO, BETWEEN IRONTON AND WHEELERSBURG, OHIO. TURN NORTH OFF RT. 52 AT SUNOCO CHEMICALS (MILE 38 SCIOTO COUNTY) ONTO OHIO FURNACE HAVERHILL ROAD. GO TWO MILES ON OHIO FURNACE ROAD. THERE WILL BE SIGNS SHOWING THE WAY.

COURSE: ALMOST LEVEL BLACKTOP ROAD

ENTRY FEE: PRE-RACE: \$7.00 RACE DAY: \$10.00

REGISTRATION: 8:30 TO 9:45 A.M.

OLD COURSE RECORDS: MEN: 1994 JOHN RILEY 15:44
WOMEN: 1998 VELDA SWECKER 19:27

NEW COURSE RECORDS: MEN: 1999 TODD WALKER 16:32
WOMEN: 2002 VELDA KANNEWURF 19:02

AWARDS: TROPHIES: 1ST, 2ND, 3RD OVERALL AND IN EACH AGE DIVISION

AGE DIVISIONS, MEN AND WOMEN: 9 AND UNDER, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 AND OVER.

IN CONSIDERATION OF ACCEPTANCE OF THIS ENTRY, I WAIVE FOR MYSELF, MY HEIRS AND ASSIGNS, ANY AND ALL CLAIMS FOR DAMAGES WHICH I MIGHT HAVE AGAINST THE RACE DIRECTOR AND ANY RACE SPONSOR.

NAME _____ AGE _____ SEX _____

ADDRESS _____

SIGNATURE _____

SIGNATURE OF PARENT (IF UNDER 18) _____

RACE DIRECTOR: RICHARD BALMER
100 GERMAN HOLLOW ROAD
IRONTON, OH 45638
PHONE (740)533-9533

SHIRT SIZE: S M L XL (CIRCLE ONE)

TWENTY-NINTH ANNUAL TWO COUNTY SEVEN MILER

WHEN: SATURDAY, NOVEMBER 4, 2006 AT 10:00 A.M.

WHERE: OHIO FURNACE, OHIO, BETWEEN IRONTON AND WHEELERSBURG, OHIO. TURN NORTH OFF RT. 52 AT SUNOCO CHEMICALS (MILE 38 SCIOTO COUNTY), ONTO OHIO FURNACE HAVERHILL ROAD. GO TWO MILES ON OHIO FURNACE ROAD. THERE WILL BE SIGNS SHOWING THE WAY.

COURSE: FIRST MILE IS FLAT. NEXT ½ MILE IS A HILL (¼ UP, ¼ DOWN). THE NEXT 1½ MILES ARE ROLLING. THEN 1 MILE PANCAKE FLAT. ANOTHER 1½ MILES ROLLING (WITH A HILL THE LAST ½ MILE). THE LAST 1½ MILES ARE ALMOST FLAT.

ENTRY FEE: PRE-ENTRY \$7.00. RACE DAY \$10.00. SHIRT WITH RACE LOGO INCLUDED.

AWARDS: TROPHIES TO TOP THREE OVERALL MEN AND WOMEN. ALSO TOP THREE PLACES IN EACH AGE DIVISION. AGE DIVISIONS, MEN AND WOMEN: 9 AND UNDER, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 AND OVER.

PAST WINNERS (*COURSE RECORDS)

YEAR	OVERALL MALE	TIME	OVERALL FEMALE	TIME
1978	JOE BARKER	42:12	VELDA BALMER	63:01
1979	JIM WOODRUM	41 :05	ROSE BALMER	58:38
1980	DAVE PARLIN	38:54	CHRIS PARLIN	53:54
1981	SCOTT FREEMAN	39:57	TWILA TAYLOR	49:47
1982	SCOTT FREEMAN	38:39	TWILA TAYLOR	51:28
1983	RON SIMPSON	42:24	TWILA TAYLOR	52:27
1984	JACK BRANON	44:08	VELDA SWECKER	53:49
1985	JOE BARKER	38:49	ROSE BALMER	60:05
1986	JOE BARKER	38:50	JULIE MILHOAN	54:41
1987	JOE BARKER	37:52*	JACKIE MOORE	49:09
1988	BILL SAMPSON	38:08	JULIE MILHOAN	54:45
1989	JOE BARKER	38:54	CAROLYN DILLA	47:03
1990	JOE BARKER	39:47	JULIE MILHOAN	53:44
1991	MARTIN BESS	40:14	JACKIE MOORE	52:26
1992	MARTIN BESS	41:02	BECKY WEBB	51:38
1993	BILL HILL	42:10	LINDA REDOUTY	51:48
1994	MARTIN BESS	41:09	JULIE MILHOAN	55:22
1995	RUDY McINTOSH	44:15	JULIE MILHOAN	55:36
1996	RUDY McINTOSH	44:40	VELDA SWECKER	51:20
1997	CHRIS CHAFFIN	41:01	VELDA SWECKER	47:11
1998	CHRIS PARSONS	40:18	AMY LOCHOW	48:57
1999	DAVE KANNEWURF	40:12	VELDA KANNEWURF	50:12
2000	ZEAN GASSMANN	47:14	JULIE MILHOAN	60:58
2001	JOE BARKER	44:41	ROSE BALMER	62:14
2002	BILLY JOE PEYTON	48:01	VELDA KANNEWURF	46:34*
2003	ERIC MIGERNIER	44:18	MELINDA COCHRAN	59:04
2004	GEORGE SELLERS	42:50	MELINDA COCHRAN	58:26
2005	ED EDWARDS	50:59	ANGIE WALSH	55:53

IN CONSIDERATION OF THE ACCEPTANCE OF THIS ENTRY, I WAIVE FOR MYSELF, MY HEIRS AND ASSIGNS, ANY AND ALL CLAIMS FOR DAMAGES WHICH I MIGHT HAVE AGAINST THE RACE DIRECTOR AND ANY SPONSOR.

NAME _____ AGE _____ SEX _____

ADDRESS _____

SIGNATURE _____

PARENT SIGNATURE (IF UNDER 18) _____

RACE DIRECTOR: RICHARD BALMER
100 GERMAN HOLLOW ROAD
IRONTON, OHIO 45638
PHONE (740)533-9533

REFRESHMENTS AFTER THE RACE

SHIRT SIZE S M L XL
(CIRCLE ONE)

GENERAL NOTES:

You can enter both races and send one check to cover both. You can even print the entry blanks on opposite sides of the same sheet of paper, if it's handy...one less piece of paper to fool with.

Sorry, no online entries.