

The 4 Life Runners/Walkers 2nd Annual April Fools' Race (check us out @ 4liferunners.com)

Join The 4 Life Runners/Walkers Club of Scioto County on April 2, 2011 for our Annual 5K Charity Run/Walk. Currently, the club supports two local charities:

Community Partners of Portsmouth & Shawnee Mental Health, providing necessities for living to some of the most needy among us.

The Challenger League

giving boys and girls that are physically and mentally challenged an opportunity to play organized baseball and bowling.

Chip Timing

Race timing begins when you cross the starting line and ends when you cross the finish line. It is a very accurate timing system.

Course: Starts and ends at the flood wall across from Holiday Inn parking lot on 2nd Street; covers a fast & flat 3.1 miles along the Floodwall Murals & Beautiful Ohio River in the historic district of Portsmouth, Ohio ("Bear" Run Course).

**JOIN US FOR THE RACE AT:
Holiday Inn, Portsmouth, Ohio**

Registration: Race day registration will begin at **8:00 AM** at River Inn. The first 200 to register will receive Tech T shirts. T Shirts are guaranteed only to those who pre-register. T-shirts may be available for those who register the day of the race. Refreshments will be provided before and after the race. Door Prizes will be given. Please arrive early for parking and registration.

RACE BEGINS AT 9:00 AM Children's Race at 10:00AM
FEES: \$15.00 Register by March 22nd ; \$20.00 Day of Race

ENTRY FORM (All entry fees are non-refundable)

Online Registration: Active.com

Name _____ Male ___ Female ___ Age on race day _____

Email Address _____ Phone _____

Address _____ City _____ State _____ Zip _____

Circle One: Adult Shirt Size: S M L XL XXL Youth: S M L

I will be participating in the 5K run _____ or 5K walk _____

WAIVER: I know that running a road race is a potentially hazardous activity & I should not compete unless I am medically fit and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with participating in this event including but not limited to: falls, contact with the other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I grant permission to all of the foregoing to use photographs of this event for any legitimate purpose. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I myself and anyone entitled to act on my behalf, waive and release The 4 Life Runners, Community Partners, The Challenger League, the city and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature _____ Date _____

Parent/Guardian Signature if under 18 year _____ Date _____

Check out Group Runs/Walks/Events @ 4liferunners.com

AGE GROUPS (circle one)

10& Under	31-35	56-60
11-14	36-40	61-65
15-19	41-45	66-70
20-25	46-50	70 & over
26-30	51-55	

AWARDS

Overall winner (one male/one female)
Top finisher in each Age Group (one male/one female)
Top Walking finisher (one male/one female)
April Fools T-shirt for every participant
Door Prizes!

MAKE CHECK PAYABLE TO:

The 4 Life Runners

SEND ENTRY FORMS and CHECKS TO:

J & J Stitching
914 15th Street
Portsmouth, Ohio 45662

Donate your gently worn athletic shoes and receive a free gift.