

# Vesuvius Challenge

When: April 14<sup>th</sup> 2007

Time: 9:00 am

Where: Vesuvius Lake, Wayne National Forest Park

Directions: From Ironton, 7 miles out St. Route 93, turn right at Lake Vesuvius sign, go 1 mile to Iron Furnace shelter. Race starts there.

\_\_\_\_\_ **4 mile run/walk**

\_\_\_\_\_ **1 mile fun walk**

\_\_\_\_\_ **Cancer Survivor** (check any that apply)

Four Mile Course: Starts on flat, stays flat for 0.1 mile. Next mile & ½ is gradual climb through the hills, past the dam, to Twin Oaks Campground. Next mile is through the campground. Last mile & ½ is back to the start. A good workout. Distances are very loosely approximate.

Entry fees prior to April 1<sup>st</sup>: \_\_\_\_\_ student \$10 \_\_\_\_\_ adult \$15

Entry fee on race day: \_\_\_\_\_ \$18 (check one)

Age groups, 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

Name \_\_\_\_\_ age \_\_\_\_\_ sex \_\_\_\_\_

Address \_\_\_\_\_

Adult shirt size: S M L XL

Child shirt size: S M L (circle one)

Food and door prizes will be given.

Race director: Susan Runyon For information call (740)643-1401  
232 Pvt Rd 4180  
Pedro, Ohio 45659

Make checks payable to American Cancer Society, Relay for Life

Mail entry blank and check to race director (above).

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.

Signature \_\_\_\_\_ date \_\_\_\_\_

Signature of parent (if under 18) \_\_\_\_\_