

8th Annual



**SALEM 5K RUN
July 11th, 2009**

**8:30 A.M.
at Salem Church
of God
Clayton, OH**

Course and Age Group Records

*\$50 bonus to runner who sets new record

Male Overall

Matt Folk 14:44 (07)

Male Masters

Mike Michno 15:30 (05)

Female Overall

Tara Storage 16:32 (07)

Female Masters

Michelle Kitz 19:00 (06)

3 Person Team Registration

*Each team member needs to complete their own individual registration form on the back of this section.

*Mail all three entry forms and at least one completed team registration form in together!

*Winners of each division receive special awards

3 Person Team Registration

Check One Division

Special Award to runner who sets new age group record!

- ___ 1) Family: Nuclear family members (any combination of Mom, Dad, kids)
- ___ 2) Open: Male
- ___ 3) Open: Female
- ___ 4) High School: All members must be currently attending the same high school
- ___ 5) Masters Age Graded: Team times will be calculated based age grading

10 and U	Troy Schultz 19:37	Katt Russ 26:46
11-14	Derek Lillard 17:24	Allison Steinbrunner 20:10
15-19	Brent DesRoches 15:17	Carol Eckerly 19:09
20-24	Michael Sawicki 14:59	Erin Nehus 17:17
25-29	Josh Ordway 14:56	Tara Storage 16:32
30-34	Matt Folk 14:44	Mindy Leisure 17:45
35-39	Jason Newport 15:55	Michelle Kitz 18:37
40-44	Mike Michno 15:30	Michelle Kitz 19:00
45-49	Chris DesRoches 16:01	Jamie Wilson 19:37
50-54	Bob Campbell 17:09	Sherry Hyden 21:20
55-59	Dave Blankenship 17:19	Ingrid Honzak 24:52
60-64	Ron Legg 18:33	
65-69	Warren Elam 20:44	
70-U	John Corbet 24:39	

ALL RUNNERS AND WALKERS ARE WELCOME!

2009 HIGHLIGHTS

3 Person Team Divisions!

Prize Money

Plenty of Post Race Refreshments

Tons of Door Prizes

Popular Race T-shirt Logo

Post Race Vintage Car Show!



FEATURED RACE

Return this form with payment

Make checks payable to Salem Church of God. Mail to: Salem 5K, 1716 Curry Branch Dr., Tipp City, OH 45371

Name _____

Age _____ (on 7/1/09) Sex: M F

Birthdate ____/____/____

Address _____

City _____

State _____ Zip _____

Email _____

Team Division 1 2 3 4 5

Team Name _____

T-Shirt: S M L XL XXL

In consideration of my entry, I do for myself, my executors, administrators, and assignees, do hereby release and discharge the Salem Church of God and all other sponsors for all claims, damages, demands, actions whatsoever in any manner arising or growing out of my participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event, and I am physically fit and sufficiently trained to participate in this event.

Signature _____

If under 18 Parent/Guardian Signature _____

Course

Certified TAC# OH 01036PR

Very Shaded

Markers at every 1/2 mile

Water Stop at 1.5 mile

Pre-Registration

\$15 with shirt, \$8 no shirt before July 3rd
*All pre-registered runners eligible for door prizes!

Race Day Registration

\$20 with t-shirt (not guaranteed), \$10 no shirt



On-Line Registration Available

Post-Race Activities

Plenty of food and refreshments
Enjoy the Salem Car Show Beginning 10:00 a.m.

Packet Pick-Up

7:15-8:15 at the Church RAC Center

Directions

North, South, or East of Clayton

Take I-70 West to Exit 26, Turn left onto Hoke Rd., right on Route 49, and left on Southway Rd.

West of Clayton

Take I-70 East to Exit 26, right on Southway Rd. Church is located at 6500 Southway Rd.

Contact Info & Web Site

Byron Kimmel (937) 506-8361 or
byron.kimmel@alliancerunning.com

Salem 5K Web Page:
<http://www.alliancerunning.com/salem5k.htm>

Course Map, Records, Results, and T-shirt design can be found on website

AWARDS

Top 3 Overall will receive cash awards
*amount will depend on sponsor funds

Masters Awards (40 and Up)

\$50 Overall Male/Female Master

Top Age Graded Performance

\$50 (one award for entire race)

AGE GROUP AWARDS

Special Awards to top 3 in each age group

Male/Female Age Groups

10 and U, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and up

New! 3 Person Teams

Scoring: Total Team Time

Records will be established!

Divisions

- 1) Family: Nuclear family members (any combination of Mom, Dad, kids)
- 2) Open: Male
- 3) Open: Female
- 4) High School: All members must be currently attending the same high school
- 5) Age Graded: Team times will be calculated based on age graded time

*Top team in each division will receive special awards.