



**13TH ANNUAL
RUNNING RAIDER 5K
SUNDAY, SEPTEMBER 4, 2016
9:00 A.M. IN RUSSIA, OH**

*The traditional firing of the cannon will start the race!
NEW in 2016...Online Registration Available*



5K Walk/Run: A 3.1 mile route will be over village streets and rural roads with 1 water station stop and official timing at the 1 and 2 mile markers. Official timing will stop 45 minutes after the start of the race.

Race Age Groups and Awards: **\$100.00 to the overall top male and female runner.** Medals to top three places in each of the following age and gender groups: 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69 and 70 and over.

5K Entry Fee:

- ✓Pre-registration is \$20 with t-shirt order (Add \$2 for XXL) and \$12 without t-shirt;
Registration by mail with entry form below or online at www.cantstoprunningco.com (select Local Races tab)
- ✓Pre-registrations with t-shirts should be postmarked by Wednesday, August 24, 2016. No refunds.
- ✓Online registrations without shirts available August 25-August 31, 2016
- ✓Race entry fee must accompany the registration form. Please make checks payable to *Russia Homecoming Festival*.
- ✓Race-day registration is \$15 with no shirt (Limited supply of shirts may be available for purchase on race day.)

Race Day Registration and Pre-registration Pick-Up: From 7:30 a.m.-8:45 a.m. in the Commons at Russia Local School.

1-Mile Fun Run: The one mile fun run will start at 10:00 a.m. Race day registration is \$1 in the Commons at Russia Local School from 7:30 a.m.-8:45 a.m. After 9:00 a.m., registrations will be taken at the stop sign at the corner of St. Remy/Borchers Streets. No pre-registrations for Fun Run. Ribbons to Fun Run participants.

Refreshments: Yogurt, fruit, and water provided to all runners at the finish line.

Winners and Course Records

2015 Winners Female: Katie Borchers, 18:28.2 Male: Aaron Bauer, 16:37.8
Course Records Female: Christina Johnston, 2009, 18:03 Male: Zac Graham, 2010, 15:46

Download additional registration forms and find race results at www.shelbycounty5ktour.com

**Please Print—Entry Form for Running Raider 5K 2016—One Per Person
Return bottom portion with payment to Running Raider 5K, 105 Park Street, Russia, OH 45363**

Name: _____ Sex: M _____ F _____ Age (race day): _____

Street Address: _____ City, State, Zip: _____

Phone: _____ Email: _____

T-shirt size: No shirt Youth Medium Youth Large Adult Small Adult Medium Adult Large Adult XL Adult 2XL (+\$2)
(circle one)

Amount of Payment: \$ _____
(Checks payable to *Russia Homecoming Festival*)

Return to: Running Raider 5K, 105 Park Street, Russia, OH 45363
Please postmark by Wednesday, August 24, 2016

Please sign the consent form below and enclose check payable to Russia Homecoming Festival. Mail the form and enclosed check to Running Raider 5K, 105 Park Street, Russia, OH 45363. Please postmark by Wednesday, August 24, 2016. All proceeds go to Russia Homecoming Festival. For questions, please contact Holly Dapore at sunnysky223@embarqmail.com or by phone at 937-526-4525.

Consent and Release (must be signed in order to participate)

In consideration for my being permitted to participate in the Running Raider 5K, I hereby release, discharge, and agree to hold free and harmless the Russia Homecoming Committee and volunteers and each of them together with their successors, assigns, officers, agents, and employees from any and all liability for injuries to property or person suffered by me as a result of my participation in the Running Raider 5K. By my execution of this waiver, I verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. This release shall be binding upon my heirs, executors, and administrators.

Race Registrant Signature _____ Date: _____

Parent/Guardian Registrant Signature _____ Date: _____

