



Herb Jay River Run May 15, 2011 at 2:00 PM

COURSE & INFO: The course will start and finish at the Lima Family YMCA at 345 South Elizabeth Street. The race will be run on North Shore Drive and the river walk. Registration begins at 12:30 PM

ENTRY FEES: No refunds on registrations. Those registered by 05/04 are guaranteed shirts. You may call in credit card information to the front desk at the YMCA (419-223-6045), you will still need to bring a signed waiver to the race. Please bring a canned food item for the West Ohio Food Bank the day of the race.

5K Race \$2.00 for Lima YMCA Members if registered by May 10th
Non Lima YMCA Members and all race day registrations are \$5.00
Shirts Shirts are available for \$5.00

PRIZES: Awards to the top three male and female overall finishers. Medals will be awarded to the top three male and female finishers in each age group. There will be no duplication of awards.

AGE GROUPS: 5-9, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, etc. up to the oldest runner. Refreshments will be available after the race for all competitors. Race results will be posted online at <http://ohioroadraces.net/>

Make Checks Payable to **Lima Family YMCA** and send to:

Race Director
Lima Family YMCA
345 S Elizabeth St
Lima, OH 45801
419-233-5487
limaymcaracing@hotmail.com

PLEASE PRINT AND DETACH BELOW

Lima YMCA Member Yes _____ No _____

Name: _____ Sex: _____ Age on 05/15/11: _____

Street: _____ City & State: _____ Zip: _____

Phone: (_____) _____ Email: _____

T-Shirt Size: YS YM YL M L XL XXL (\$2 extra) Amount Enclosed: _____

I hereby for myself and my executors release the YMCA, race staff, ACERT, City of Lima, Lima Jog-n-Run, and sponsors of the race from all claims of injury, damage, and courses of action whatsoever growing out of my participation in the event. I hereby certify that I am physically fit to participate in the race and that I am aware of the possible hazards of running in this event.

Signature: _____ Date: _____

Parent's Signature if Under 18: _____

