

CHASE YOUR SHADOW RACE 5K RUN/WALK

Saturday February 5, 2011

A 3.1 mile closed-course race,
for runners & walkers of all ages,
In Scenic Portage Lakes State Park

5031 Manchester Road, Akron, Ohio 44319, in Southern Summit County.

Registration begins 8:30 a.m. / Race Starts 10 a.m.

Entry fee: \$20 in advance / \$25 day of
NO MAKEUP DATE — NO REFUNDS

Commemorative T-shirt to all pre-registered entrants.
Age-group awards and prizes.

14 and under, 5-year age groups there after, and 70-over

Goody bags first-come, first-served

A Subway Challenge Series race.

For information call Race Chairman

Jerry Davis 330-644-1841 or visit www.friendsofportagelakes.org

To register visit www.ohiochallengeseries.com



REGISTRATION FORM — Chase Your Shadow Race

Mail registration by January 27, 2011 to: *Chase Your Shadow Race*

Friends of Portage Lakes State Park, 5031 Manchester Road, Akron, Ohio 44319

Make checks payable to: Friends of Portage Lakes State Park

Complete one form per runner. Form may be copied or downloaded. Register on line at: www.friendsofportagelakes.org

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

E-mail _____ Age _____ Sex: Male / Female
circle one Category: Run / Walk
circle one

Emergency Contact _____ Phone _____

T-shirt size: S / M / L / XL circle one How did you hear about the race? _____

In addition to my registration fee, enclosed is a donation to Friends of the Park in the amount of \$ _____

Waiver: I hereby waive and release any and all rights and claims against Friends of Portage Lakes State Park, Ohio State Parks, sponsors or any persons associated with the Chase Your Shadow Race for any injury I might suffer while taking part in this event. Further, I attest that I am physically fit and prepared for this event. I also hereby consent to and permit emergency treatment in the event of injury or illness. I shall abide by regulations and practice courtesy and safety while running/walking.

Signature _____ Date _____

Parent/Guardian Signature (if under 18 years old)



All proceeds go to
Friends of Portage Lakes State Park

5031 Manchester Road, Akron, Ohio 44319 / www.friendsofportagelakes.org
Friends of Portage Lakes State Park is a 501(c)(3) organization.