

## CROSSROADS 10K RUN/WALK



**Director: Jeff Glaze**  
jeff@premieraces.com

In its 17th year, the 10K run course is a perfect training run for anyone preparing for various other runs and marathons as well as the runner wanting to push his or her mileage and experience.

**VENUE/COURSE:** Registration starts at 6:45 am at Reynoldsburg City Building with parking available at Kennedy Park. Race begins at 8:00 am on Main Street. The race follows a new route for 6.2 miles and guides runners through the City of Reynoldsburg, finishing at Kennedy Park with post-race hospitality. Course will be closed at 10:30 am.

### MEDICAL/WATER

Medical support and fluids will be provided throughout the race

### COST

\$25 Preregistered w/ T-shirt  
\$30 After Aug. 15

## TOMATO TOWN 5K RUN/WALK

**Director: Jeff Glaze**  
jeff@premieraces.com

Complementing the 10K Run will be the Tomato Town 5k Run. This 3.1 mile race will provide participants with a big race atmosphere at a manageable distance.

**VENUE/COURSE:** Registration starts at 6:45 am at Reynoldsburg City Building with parking available Kennedy Park. Race begins at 8:00 am at the city building. The race routes runners through the City of Reynoldsburg on a 3.1 mile course finishing at Kennedy Park with post-race hospitality.

### COST

\$18 Preregistered w/ T-shirt  
\$20 After Aug. 15

*The Following information applies to both the  
Crossroads 10K Run/Walk and the  
Tomato Town 5K Run/Walk*

### DATE

Saturday, Aug. 21

### TIME

Registration starts at 6:45 am  
The 10 K and 5K begin at 8:00 am

### CATEGORIES

Men, Women, 19+under, 20-24, 25-29, 30-34, 35-39, 40-44,  
45-49, 50-54, 55-59, 60-64, 65+

### AWARDS

Top 3 overall and top 3 in each category and  
Awards will be handed out at the finish line

## RAIDER ROLL IN-LINE HALF MARATHON

The Raider Roll In-Line Half Marathon will take you through some exciting routes in Reynoldsburg, giving challenges in small hills, downhill streets, sharp corners and long straightways. Join the roll for speed, skills and a wonderful tour of the city's streets. The roll begins at Reynoldsburg City Building and ends up in a straight finish line in Kennedy Park.

### DATE

Saturday, Aug. 21

### TIME

Registration starts at 6:45 am  
Skaters leave at 7:58 am

### CATEGORIES

Men, Women, 14+under, 15-19, 20-24, 25-29,  
30-34, 35-39, 40-49, 50+

### AWARDS

Top 3 overall and top 3 in each category male and female  
Awards will be handed out at the finish line

### MEDICAL

Medical attention will be provided by Mount Carmel East

### PROTECTION

Mandatory protection required: **Helmet, Skid Gloves**

### COST

\$25 Preregistered w/ T-shirt  
\$30 After Aug. 15

### PACKETS MAY BE PICKED UP

at American Nutrition

1639 Brice Road

**Tel: 866-7834**

Aug. 18 and 19 - 3 - 7 pm

Aug. 20 - 1-4 pm

### RESULTS

Available at [www.premieraces.com](http://www.premieraces.com)



*While in  
Reynoldsburg...*

## PLACES TO STAY

### Days Inn & Suites

1-800-329-7466

2100 Brice Road

614-864-1280

### Country Inn & Suites

1-800-456-4000

2806 Taylor Road

614-861-8888

### Fairfield Inn & Suites

3826 Taylor Road

Reynoldsburg, Ohio 43068

614-864-4555



**August 20-21, 2010  
HUBER PARK**

GAMES PRIZES  
FOOD MUSIC  
ARTS & CRAFTS  
PANCAKE BREAKFAST  
ENTERTAINMENT  
QUEEN'S PAGEANT  
LITTLE PRINCESS PAGEANT  
TOMATO CONTESTS

## REGISTRATION

**Official Entry Form:** To enter, complete all fields, sign release, and return with check or money order to:

**Mount Carmel Fitness Challenge**  
 c/o Premier Sports & Fitness • 401 Charmel Place  
 Columbus, OH 43235  
 For information, call 614-866-4888  
 www.visitreynoldsburg.com

Race reserves the right to reject any entry. No refunds or exchanges. This form may be photocopied.

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> M	<input type="checkbox"/> F	<input type="checkbox"/> 10K Run/Walk	<input type="checkbox"/> 5K Run/Walk
Age		<input type="checkbox"/> In-Line Skating					
<input type="text"/>							
First Name							
<input type="text"/>							
Last Name							
<input type="text"/>							
City							
<input type="text"/>							
Address							
<input type="text"/>	<input type="text"/>	<input type="text"/>					
State		Zip					
<input type="text"/>							
E-mail Address							
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Telephone							
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Evening Telephone						Shirt Size	
						M L XL XX	

### COSTS:

<input type="checkbox"/> In-Line Skating	<input type="checkbox"/> 10K Run/Walk	<input type="checkbox"/> 5K Run/Walk
\$25 Preregistered w/ T-shirt		\$18 Preregistered w/ T-shirt
\$30 After Aug. 15		\$20 After Aug. 15

**Liability and Publicity Release:** I understand that my consent to the following provisions is given in consideration for being permitted to participate in the Fitness Challenge. I am in adequate physical condition to participate in this event. The event administration may remove me from competition if they or their representative believe that my health may be endangered. I am aware of and voluntarily assume any and all risk associated with participation in any and all events encompassing the Fitness Challenge. I agree to wear the proper protective equipment in the cycling and skating events. If I am injured I agree that I will not sue, or otherwise try to hold responsible the event sponsors, the City of Reynoldsburg, the event administrators, volunteers or any individual or group associated with the event. The event organizers reserve the right to remove unruly participants.

I hereby grant permission to the sponsors of the Mount Carmel Fitness Challenge to use any photographs, motion picture, recordings, or any other record of this event for any legitimate purpose.

I further understand that I may be removed from the event if I fail to follow the rules and regulations of the competition.

**SIGNATURE**  
 (Parent or legal guardian required if participant is under 18 years of age)

Presenting Sponsor:



MOUNT CARMEL

We are proud to have the following sponsors:

Mount Carmel Hospital  
 Kemba Financial  
 Kroger  
 City of Reynoldsburg  
 Reynoldsburg Police Department  
 Reynoldsburg Parks & Recreation Dept.  
 promotions x design  
 PBC Bank  
 American Nutrition  
 Reyn-Pickerington Rotary Club  
 Reynoldsburg Magazine  
 CS Bank

**Reynoldsburg Visitors and  
 Community Activities Bureau**  
 P.O. BOX 357 • Reynoldsburg, OH 43068

Telephone: 614-866-4888

# Mount Carmel Fitness Challenge

Saturday  
 August 21, 2010

Reynoldsburg,  
 Ohio

Raider Roll  
 In-Line Half Marathon

Tomato Town 5K Run/Walk

Crossroads 10K Run/Walk