



SALEM COMMUNITY CENTER

POST T-N-T (TURKEY-N-TRIMMINGS)

5K RUN/WALK



Saturday, November 29, 2008

- COURSE:** Beautiful (3.1 miles) combination of cross country (trails and Waterworth Memorial Park) and quiet residential streets. **NOTE:** Water on course.
- COST:** \$12 for pre-registration (deadline Nov 12, 2008)
\$15 day of race
- TIME:** Registration at 8 AM and Race at 9 AM
(Pre-Race pick up Nov. 28th, 4:00 pm-6:00 pm)
- LOCATION:** Salem Community Center (SCC) *START/FINISH*
1098 N. ELLSWORTH AVE., SALEM, OH
- AWARDS:** Trophies for 1st and 2nd place overall men and women.
Top three places in each age group will receive award
- SOUVENIR:** First 100 entries will receive a t-shirt
- GENERAL:** Come dressed to run. Restrooms are available at SCC. Parking is limited on site, with additional parking off site. Awards ceremony immediately following at SCC.

RACE DIRECTOR

Heather Lallo
1098 N. ELLSWORTH AVE.
SALEM, OH 44460
Course/Race Info
SCC
330-332-6295
www.salemcommunitycenter.com

Lost on race day??
330-332-5885

Age Groups

M/F OVERALL
11 & under m/f award
12-14 m/f award
15-19 m/f award
20-29 m/f award
30-39 m/f award
40-49 m/f award
50-59 m/f award
60-69 m/f award
70+ over all awards

In consideration of this early entry being accepted, I hereby, for myself and heirs, executors and administrators, waive and release any and all damages I may have against Salem Community Center and the City of Salem, their agents, representatives, successors and assigns for any and all injuries suffered by me at said event. I hereby attest that I am physically fit and have trained sufficiently for competition in the event.

SIGNATURE _____ AGE _____

NAME _____ PHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

MALE _____ FEMALE _____ T-SHIRT SIZE: ADULT _____ YOUTH _____

SMALL _____ MEDIUM _____ LARGE _____ X-LARGE _____

SIGNATURE OF PARENT/GUARDIAN (IF RUNNER IS UNDER 18) _____

DETACH AND MAIL TO RACE DIRECTOR HEATHER LALLO
CHECKS PAYABLE TO SALEM COMMUNITY CENTER
1098 N. ELLSWORTH AVE
SALEM OH 44460