

WORK HARD RUN HARDER CREW 5K

SATURDAY, AUGUST 15, 2009



ENTRY FEE: 5K Race @ 8AM | \$30 early bird until August 1st | \$35 August 2-14 | \$40 on Race Day
(Fees include race entry, tech shirt and Upper Sideline game ticket to August 15th match vs. FC Dallas).
1 Mile Kids Run @ 9:15AM | \$16 (includes ticket) | Additional Upper Sideline game tickets only \$16 (reg. \$24)

AGE DIVISIONS: 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-69, 70+

COURSE INFO: This is a fast course that winds around Crew Stadium, the Ohio Historical Society and some of the nearby fairground areas. Runners will finish inside Crew Stadium.

PACKET PICKUP: Race packets can be picked up at the Columbus Running Company (6465 Perimeter Dr., Dublin, OH 43016) from August 8-14 during store hours. Race day pickup begins at Crew Stadium at 6:30AM.

RACE AWARDS: The top three overall men and women will receive two VIP Terrace tickets for the August 15th FC Dallas match and two tickets to the September 26th match against the LA Galaxy. The top three men and women in each age divisions receive two tickets to the September 13th match against the Houston Dynamo. All awards will be presented pre-game of the Crew vs. FC Dallas match on August 15th.

RACE REGISTRATION: REGISTER ON-LINE AT www.runohio.com

NAME: _____ DATE OF BIRTH: ____/____/____

ADDRESS: _____ CITY/STATE/ZIP: _____

EMAIL: _____ PHONE: (____) _____ - _____

CHECK ONE: MALE FEMALE

AGE ON RACE DAY: _____

SHIRT SIZE: S M L XL XXL

ENTRY FEE: \$ _____ ADD TICKETS: _____ x\$16: \$ _____

PROCESSING FEE (\$5/ORDER): \$ _____ TOTAL: \$ _____

PLEASE SIGN WAIVER BELOW TO COMPLETE REGISTRATION

PAYMENT METHOD:

MAKE CHECK PAYABLE TO: CREW STADIUM, LLC

MAIL ORDER FORM TO: 1 Black & Gold Blvd. Columbus, OH 43211 Attn: Nick Volsko-Crew 5K

CREDIT CARD (CHECK ONE): VISA MASTERCARD DISCOVER AMEX

CARD NUMBER: _____ EXP. DATE: ____/____

NAME ON CARD: _____ SIGNATURE: _____

WAIVER

"The undersigned ("Athlete") on behalf of himself/herself and on behalf of the Athlete's personal representatives, assigned, heirs, executors, hereby fully and forever release, waivers discharges and covenants not to sue the Columbus Crew, Crew Soccer Stadium, Team Columbus Soccer, LLC, RunOhio, Ohio Historical Society, Ohio Expo Center and all municipal agencies whose property and/or personnel are used, and all other sponsoring or co-sponsoring companies or individuals related to the Columbus Crew 5K (collectively "Releases") from all liability to the Athlete and his/her personal representatives, assigns, heirs and executors, for all loss(es) or damage(s) and any and all claims or demands therefore, on account of injury to the Athlete or property or resulting in the death of the Athlete, whether caused by the active or passive negligence of all or any of the Releases or otherwise in connection with the race. The athlete represents and warrants that he/she is in good physical condition and is able to safely participate in the Race, knowing the risks associated with the Race. The Athlete hereby consents to receive medical treatment, which may be deemed advisable in the event of injury, accident and/or illness during the event. The Athlete hereby assumes all risk of loss(es), damage(s), or injury(s) that may be sustained by him/her while participating in the Race. The Athlete agrees to the use of his/her name and photographs in broadcasts, newspapers, brochures and other media WITHOUT Athletes permission or compensation. The Athlete acknowledges that the entry fees is nonrefundable and nontransferable."

SIGNATURE _____ DATE ____/____/____

GUARDIAN SIGNATURE _____ DATE ____/____/____
(IF PARTICPANT IS YOUNGER THAN 18)



To register contact:

Nick Volsko

Columbus Crew

614-447-4128 (Direct) | 614-447-4114 (Fax)

nvolsko@thecrew.com

REGISTER ON-LINE AT www.runohio.com



**WORK HARD
PLAY HARDER**