



Sprint or Stroll for Soul to Sole 5k Run & Walk

JUNE 23, 2012 at Amherst Steele High School 8:30am

Event Information

Pre-Registration: \$20.00 **Race Day Registration:** \$25.00, starts at 7:00 a.m.

Race Packets: Short sleeve T-shirt with race logo (to first 200 registered), sponsor information & goody bag

Race Packet Pick Up: Friday, June 22, 5:00 - 7:00 p.m. at Amherst High School

Awards: Top 3 Overall Male and Female: **\$150 / \$100 / \$50**
Top Overall Male and Female Masters 40 & over: **\$100**
Top Overall Male and Female Grand Masters 50 & over: **\$100**
One award per winner

Age Groups: 14 and Under 15-19 20-24 25-29 30-34 35-39
40-44 45-49 50-54 55-59 60-64 65-69 70 & Over

Chip Timing with MYLAPS Chip Timing System • **USATF Course Certification** OH 11011 MW

Location: Amherst Steele High School, 450 Washington Street, Amherst, OH 44001

Course: Start at Amherst Steele High School through Amherst Beaver Creek Metro Park and finish at Amherst Steele Football Stadium – 5K

Refreshments & Music Too!

Kids Fun Run: 1 lap \$5 (No T-Shirt)

Help us spread the word by "liking" us on **facebook!**

Event Registration

You may register online at www.soultosoleprogram.com or mail your completed entry form to:

Soul to Sole
P.O. Box 541
Amherst, OH 44001-0541
Lori@SoultoSoleProgram.com



Please make checks payable to Boys & Girls Club/Soul to Sole.
Mail-in Registration must be received by Wednesday, June 20, 2012.
Contact: Lori at (440) 225-7147 for questions.

Select Race:

5k Run 5k Walk Fun Run

Name _____

Address _____ City _____ State _____ Zipcode _____

Email _____ Age on Race Day _____ T-Shirt Size _____ Sex _____

Phone _____

No Refunds or Transfers

Waiver: In consideration of the acceptance of this entry to the "Sprint or Stroll for Soul to Sole", I waive all claims for myself, my heirs, and assigns against Soul to Sole, sponsors, patrons, race officials and all others associated with the "Sprint or Stroll for Soul to Sole" for any injury or illness which results in my participation. I further state that I am in proper physical condition to compete in the race, and that I am an amateur runner. Also, I authorize the use of my name and/or photograph, taken at this race, for use in any news media.

Signature (Parent must sign if participant is under the age of 18) _____ Date _____

What is Soul to Sole?
Soul to Sole provides new sneakers to the members of the Lorain County Boys and Girls Club. So please Sprint or Stroll on June 12th so these students walk into school this year with a new pair of sneakers.

Build Your Team Today!
Take advantage of online fundraising and build your own Web page. Send messages to all your friends, family and co-workers asking them to support your fundraising efforts.
www.soultosoleprogram.com