

RUFF RUN 5K

Presented by RUNNERS PLUS

Saturday, October 7, 2016
Race starts at 10:00AM

Race Day Registration 8:30am – 9:45am

Eastwood MetroPark

1385 Harshman Road, Dayton, Ohio 45431

Join more than 17,000 active outdoor enthusiasts and families in Dayton, Ohio -- **The Outdoor Adventure Capital of the Midwest!** There is something for the whole outdoor family including the dog. A portion of the proceeds benefits SICSA.

This race begins at 10:00am on Saturday, October 7. The course runs around Eastwood MetroPark, offering a unique, off-road 5K experience. You will run through grassy fields, along tree-lined trails, and alongside the Mad River, before finishing inside Eastwood MetroPark.

- Registration is \$20 through Thursday, October 5 (\$25 after 10/5). Entry includes race tee!

Awards to the Top 3 Men's and Women's Overall, Top Male and Female Masters, and Top 3 in the Dog Division! Medals to Top 3 in each age group.



Dog friendly race!



REGISTER FOR THE RUFF RUN 5K ONLINE AT WWW.KEYSPORTS.NET

-or-

Send completed entry form to:
Runners Plus (Make checks payable to Runners Plus)
8970 Kingsridge Dr.
Dayton, OH 45458

First Name _____

Last Name _____

Address _____

City, State, Zip _____

Phone _____

E-Mail _____

Entering the Dog Division? Y N

Birthday: _____

Gender: Male Female

T-Shirt Size: XS S M L XL XXL
(Shirts are unisex sizing)

Emergency Contact Name/Number: _____

I know that running an off-road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running this race including - but not limited to - falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the trail and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my entry for racing, I, for myself and for anyone entitled to act on my behalf, waive and release Soccer Plus, Inc., the Ruff Run 5K, its volunteers and all our sponsors, and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this activity.

Signature

Date

Signature of parent/guardian if under 18 years of age

Date