



Friends of the Park 5K Walk/Run

July 18th, 2009

Sponsored by: North Ridgeville Parks and Rec

South Central Park
7565 Avon Belden Rd
North Ridgeville, Oh 44039

Sign up to participate in our 5k Walk/Run in which all proceeds will go towards building a two mile ADA accessible trail along with two fitness stations at North Ridgeville South Central Park.

Register

Cost: \$15.00 which includes a t-shirt if registered by June 27th.

First three runners will receive a prize.

Mail registration form below to:

Attn: Missy

Friends of the Park

7307 Avon Belden Rd

North Ridgeville, Oh 44039

(make all checks payable to Friends of the Park)

**Registration is from 7:00 - 7:30 a.m. on race day
at the concession stand at South Central Park.**

Race Times:

5K starts at 8:00a.m. Beginning and ending at South Central Park 7565 Avon Belden Rd

Runners must end before 11:30a.m. to be considered for timing and awards

T-shirt and number pick is Friday July 17th from 3:00-7:00 at Park N Rec office 7307 Avon Belden rd

Information:

**For more details or to volunteer call Missy at 440-353-0880 or
email Morgan and Caitlyn at jnrogers93@yahoo.com**

Entry Form: Please return by June 27th for a guaranteed T-shirt

First Name: _____ Last Name: _____

Other family members: _____

Phone Number: _____

Email: _____ (optional)

Age: _____ Male _____ Female _____

T-Shirt Size: (circle sizes)

Youth M Youth L Adult S Adult M Adult L Adult XL Adult XXL

Please feel free to photocopy this form for friends!