

5th Annual Tri-County Trail Half-Marathon and 5k

Saturday, April 21, 2012
Start 9:00 AM
Brad Lightle Park: Frankfort, Ohio

GENERAL: This is a run on the bike path we seek develop. It is an out-and-back course that is flat and mostly shaded. Please be courteous to all participants and locals. The course is 13.1 miles. 5K is 3.1 miles.

START: Start time is 9:00 AM. The run will begin at Brad Lytle Park: Frankfort, Ohio.

FOOD: There will be food located at the beginning and end. Fruit and drinks will be available before the start with a meal of ham, beans and cornbread at the end.

SUPPORT: There will be a total of 5 water stations. Any of the water stations will provide support; however, you are encouraged to bring someone with you to drive you home or take care of any personal needs you might have.

FEES: Half-Marathon: Adults are \$30.00. Students are \$25.00.
5 k: Adults are \$20.00. Students are \$15.00.

A t-shirt is provided with the entry fee and there will be prizes and awards given as the runners finish—to be determined each year. On-line registration is available on the Tri-County Trail website found below.

PRIZES: There will be medals for the first three women and men. Other prizes and awards are determined yearly. Categories will be diverse and awards given as the runners finish.

SAME DAY REGISTRATION: We will have same-day registration beginning at 7:00 AM to 8:30 AM.

NEED MORE INFO? Call 740.779.0814 or email: bikep@roadrunner.com contacting either Jo Sager or David Pigott; or call Bill Garrett at 740-775-6707
Check website at <http://tricotrail.tripod.com>

2012 Tri-County Trail Half-Marathon and 5k

Make copies as necessary--each participant must complete form and sign release—one payment check is ok for multiple entries.

NAME _____ Evening Phone _____
ADDRESS _____
CITY/STATE/ZIP _____
REGISTRATION FOR ADULT \$ _____
REGISTRATION FOR STUDENT \$ _____
TAX DEDUCTIBLE CONTRIBUTION \$ _____
TOTAL ENCLOSED \$ _____

Half-Marathon _____ or 5 K _____

T-shirt size __S__M__L__XL

MAIL & MAKE CHECKS PAYABLE TO: TRI-COUNTY TRIANGLE TRAIL, INC.
484 Caroline Drive: Chillicothe, Ohio 45601

WAIVER: All runners must read and sign waiver:

I know that running is a potentially hazardous activity. I should not participate unless I'm medically able. I assume the risk participating in this event. In accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone might claim on by covenant not to sue, and waive release and discharge all persons, groups and sponsors associated with the event.

Signature of Participant _____	Date _____
Signature of Participant _____	Date _____
Signature of Participant _____	Date _____
Signature of Participant _____	Date _____