

5th Annual

TRI-COUNTY TRIANGLE TRAIL

HALF-MARATHON and 5k

WHEN: April 21, 2012

WHERE: BRAD LIGHTLE PARK in FRANKFORT, OHIO

WHY: To benefit the trail from CHILLICOTHE to FRANKFORT to WASHINGTON COURTHOUSE

WHAT: The course is an out-and-back bike path. You will be participating to support the trail on which you will run.

The scenic, Ross County route is completely flat, and mostly shaded.

Price: Half-Marathon: Adults are 30 dollars. Students are 25 dollars. 5k: Adults are \$20.00. Students are \$15.00.

You will receive a Triangle Trail t-shirt, drinks and snacks along the way with a bigger spread at the end. Live music will be playing at the shelter house from 10:00 AM until noon. There will be prizes and awards.

START TIME: 9:00 AM

Please come and visit Ross County. Enjoy your road to fitness along with the additional benefit of serving a wonderful cause. This is the perfect event for those of you who are training for an upcoming marathon. Help us celebrate the fact that we now have the distance to create an event like this while we work to make even longer trails.

Registration: Check the Triangle Trail website for registration information. <tricotrail.tripod.com> You may also contact Jo Sager or David Pigott by email or phone; we will mail you the registration forms. There will also be registration on the day of the race. Same-day registration will begin at 7:00 A.M.

Contact: Jo Sager or David Pigott at 740.779.0814; or Bill Garrett at 740.775.6706
Email: bikep@roadrunner.com