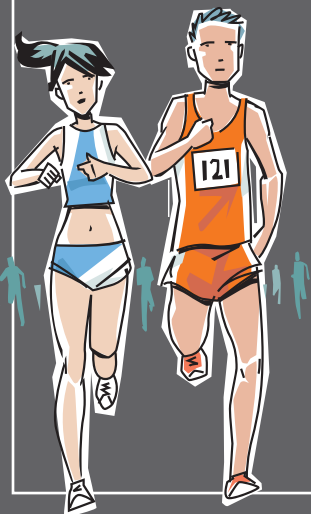


33rd Annual Johnnycake Jog Entry Form



RACE INFORMATION

July 19, 2009. 5-Mile race begins at 8:30 am, 5-K Walk (3.1 miles) begins at 8:45 am
At the Lake County Fairgrounds, 1301 Mentor Ave. (Rt. 20), Painesville, Ohio

Runners Awards: Top 3 finishers in each age division both male and female participants.

Walkers Awards: Top 3 male and female overall.

Overall Awards (5-mile race only): Top Male & Female

1st Place: \$400 **2nd Place:** \$300 **3rd Place:** \$200 **4th Place:** \$100 **5th Place:** \$50

News-Herald/Lake Hospital System Course Record Bonus: Any male and female champion who sets a new course record will receive a \$300 cash bonus! (5-Mile Race only)

Age Divisions: 12 & under, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44

45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over, Masters, Law Enforcement, Wheelchair

Register online at www.johnnycakejog.com

You can also drop off this form at: **Achilles Running Shop** 8791 Mentor Avenue • Mentor • 440-255-RUN1

DETACH ENTRY AND MAIL TO:

Johnnycake Jog c/o The News-Herald, 7085 Mentor Avenue, Willoughby, OH 44094. Pre-registration must be postmarked by July 13, 2009. **MAKE CHECKS PAYABLE TO THE NEWS-HERALD.** No refunds, no transfers.

T-Shirt Size: Small Medium Large X-Large XX-Large

LAST NAME (print clearly)

FIRST NAME

M.I.

STREET ADDRESS (include Apt. or Box #)

CITY

STATE

ZIP

E-MAIL ADDRESS

AREA CODE

DAYTIME PHONE #

SEX

AGE

DATE OF BIRTH

MO.

DA.

YR.

OFFICIAL USE

RELEASE: In consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees ... do hereby release and discharge The News-Herald/Lake Hospital System, the Lake County Fair, the townships of Concord and Painesville, the cities of Mentor and Painesville, and other sponsors of all claims and damages, demands, actions whatsoever in any manner arising out of my participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event. I understand the race officials reserve the right to disqualify and remove any entrant from the race whom they deem as a potential hazard to themselves or others.

Signature

Date

Parent/Guardian (if under 18 years of age)

In Emergency, call (name)

Phone

EVENT choose one

5K WALK

\$10 Preregistered

\$15 Race Day

\$5 Student Rate (17 & under, Walk only)

5 MILE RUN

\$15 Preregistered

\$20 Race Day

Total Amount Due: \$ _____

Make Checks Payable to: The News-Herald

Payment Enclosed Credit Card (circle one)



Card Number

Expiration Date

Signature