

Firelands Rails To Trails Inc.

"BRIDGE THE GAP"

**Saturday
May 16,
2009
9 a.m.**



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5K Run/Walk

Race will be Held Rain or Shine

Course Starting at the North West St. trailhead following an out and back course on a beautiful, scenic unpaved trail. Huron County section of the North Coast Inland Trail. 5K =3.1 miles. Water stop and splits.

Entry Fee Registration \$10.00 per person postmarked by May 5th, \$15.00 day of race, family discount of \$5.00 per household registering 3 or more.

Awards Overall male and female runner, overall male and female walker. Top three in each run division. 13 & Under, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & Over. Ribbons and t-shirts to all participants.

Lots of great door prizes, refreshments and historical railroad memorabilia on display.

This event is a fundraiser for Firelands Rails To Trails, Inc.

All proceeds will go toward bridging the trail gap over the Huron River in Monroeville and general trail maintenance and improvements.

FMI or Directions please call 419-668-9052

www.firelandsrailstotrails.org

Firelands Rails To Trail, Inc. Bridge the Gap 5K Run & Walk Race Release

I, on behalf of myself, my heirs, my executors and my administrators and assigns (hereinafter referred to as "successors") hereby fully release and discharge Firelands Rails To Trails, Inc, and any other corporation, organization or individual and its or their directors, trustees, officers, members, agents and employees, as well as their heirs, administrators, executors, successors, and assigns (hereinafter referred to as "sponsors") from all rights, claims and actions which I and my above mentioned successors now have or may have against the above mentioned sponsors of the Bridge the Gap and all their legal successors from any injury, misadventure, harm, loss or inconvenience suffered as a result of my participation in the Bridge the Gap race. I know that there is a risk associated with this activity and I am willing to accept that possibility. I am physically fit and able to participate. I agree to pay for all reasonable costs relating to my participation including cost of transportation, equipment and medical care. I agree that the sponsor of said race shall have the right to use my name and any picture of me in connection with the publicity and promotion of this race or any future renewal of the race.

Name _____

Address _____

Phone _____

Signature _____

(parent or legal guardian if entrant is under 18)

Email _____

City _____ State _____ Zip Code _____

Age on Race Day _____ Shirt Size _____

Male or Female _____ Run or Walk _____

Mail Form and Payment To:
FRTTI, 44 E Main St., Norwalk, OH 44857

For More Information or directions please call 419-668-9052

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Firelands Rails To Trails, Inc. is a nonprofit, all volunteer, 501(c)3 organization.

Contributions are tax deductible as allowed by law.