

**Bowling Green Parks and Recreation and Ohio Army National Guard
Supporting the Camps for Kids Scholarship Fund**

Presents

THE COUCH POTATO 5K & 1K KIDS RUN

“Within is Greatness”

A Member of Dave’s Performance Footgear Running Series

Saturday, April 26, 2008



REGISTRATION: OPENS AT 7:30 a.m.
1K Kids Race at 8:30 a.m. – 5K Race/Walk at 9:00 a.m.

Registration Location: Bowling Green Community Center, 1245 W. Newton Road, Bowling Green, Ohio
Course: Start and Finish at the Community Center. Course is accurately measured.

AWARDS:

Overall male/female, overall masters (40+) male/female.
Age group awards (3 deep). No duplication of awards.
Male and female age groups:
9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74,
75-79, 80+

Overall male/female in 1K kids run receives an award.
All “Kids Run” finishers receive a finisher’s ribbon.

SHIRTS:

All pre-registered participants will receive a Parks and Recreation Couch Potato 5K T-shirt.
A limited number of shirts will be available on race day.
Pre-register to ensure you get a t-shirt in your size.

REFRESHMENTS AND OTHER INFO:

Post-race refreshments will be served.
Showers available, bring a lock.

ENTRY FEES:

5K Race and 5K Walk pre-registered - postmarked by Monday, April 14, 2008 - \$15.00
5K Race and 5K Walk day of the race - \$18.00 (with shirt available) or \$12.00 (no shirt).
1K Kids Run (10 and under) pre-registered - postmarked by Monday, April 14, 2008 - \$6.00.
1K Kids Run day of race - \$2.00 (no shirt).

Entry fees payable to: City of Bowling Green. Mail to: 1245 W. Newton Road, Bowling Green, Ohio, 43402.
Attention: Couch Potato 5K
Information? Contact Josh Chatfield at (419) 354-6295 or jchatfield@bgohio.org.

To register, cut and return this form – please print. Photocopies accepted.

Couch Potato 2008 Registration

Name: _____ Day Phone: _____

Address: _____ City/ State: _____

Zip: _____ Sex: (circle) M F Age: (on 4/26/2008) _____ Date of Birth: ____/____/____

Shirt Size: (circle) ADULT S M L XL 2XL or CHILD Medium Event: (circle) 5K Race 5K Walk 1K Kids Run

E-mail address: _____

In consideration of my acceptance of this entry, for myself, my heirs, executors and administrators, I do hereby waive liability, release and forever discharge the City of Bowling Green, the Toledo Roadrunners Club, their employees, agents and officials, and all related parties, their demands, rights and causes of action of whatever kind or nature, arising out of all known and unknown, foreseen and unforeseen, bodily and personal injuries, damages to property, and the consequences thereof, including death resulting from my voluntary participation in, or in any way connected with, such recreational programs and athletic activities.

Signature: _____ (parent or guardian if under 18) Date: ____/____/____