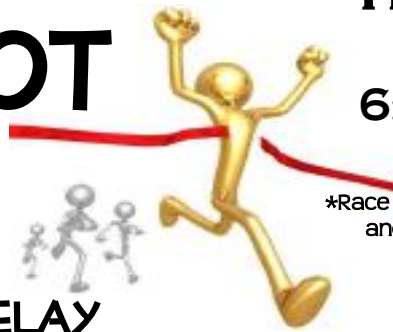


1st Annual

# PATRIOT 7-K



## THURSDAY, SEPT. 10<sup>TH</sup> 2009

### 6:30 PM EVENING RACE COLDWATER, OHIO

\*Race begins at Innergy Fitness on Market St in Coldwater and ends at the Coldwater Football/Track Stadium.

## RUN/WALK/RELAY

Sponsored by:



### Time/ Course



7k Run/Walk/Relay begins at 6:30 PM. Registration from 5:00pm-6:00pm in front of Innergy Fitness at 110 North Market Street Coldwater, Ohio. The course will be a 7k (4.35 mile) flat course throughout the Village & Country of Coldwater and ending at the football/track stadium on Butler Street.

### Entry Fee



Individual:	Relay Team of 2: Send both entry forms w/ check together
\$16 pre-register w/ t-shirt	\$26 pre-register w/ t-shirt
\$10 pre-register w/o t-shirt	\$16 pre-register w/o t-shirt
\$20 race day registration w/ t-shirt*	\$34 race day registration w/ t-shirt*
\$15 race day registration w/o t-shirt	\$24 race day registration w/o t-shirt

\*while supplies last

### Awards



Door Prizes and Awards after the race  
\$50 to 1<sup>st</sup> place male, female & team finishers.  
Medals to 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place overall and 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> in each age group  
Also medals for the youngest and oldest runners

### Age Groups



Male & Female:  
14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60 and over

### For All Runners



Parking available in parking lot behind Junior High School, located near the corner of North St. and First St.  
Water available at Innergy Fitness and on course, Splits at the 1, 2 & 3 mile markers.  
Refreshments at the finish. Restrooms available at start & finish.  
RESULTS AVAILABLE ONLINE AT [www.mercerhealth5kchallenge.com](http://www.mercerhealth5kchallenge.com)  
Call Innergy Fitness at 419-763-1111 with any questions.  
Relay: 2<sup>nd</sup> person will start at turnaround (~2.25 mile) on Burk-St Henry, shuttle will leave Innergy at 6:10  
Walkers welcome, but must finish by 7:30pm to be scored.

### Proceeds



Coldwater Area Chamber of Commerce, Local Area Volunteer First Responders and Fire Department & The Intrepid Fallen Heroes Fund ( [www.fallenheroesfund.org](http://www.fallenheroesfund.org) )

Detach Here

### Official Entry Form - Patriot 7K Run/Walk/Relay - Must be postmarked by August 25

Name \_\_\_\_\_ Age on 9/10/09 \_\_\_\_\_ Relay Member **YES NO**

Address \_\_\_\_\_ Male or Female (Circle one)

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail address \_\_\_\_\_

Amount Enclosed \$ \_\_\_\_\_ Running t-shirt size **S M L XL** (circle one)

**Mail to:** Innergy Fitness – Patriot 7K  
110 N. Market Street, Coldwater, OH 45828

**Make checks payable to:**  
Innergy Fitness - Patriot 7k

I hereby release and discharge the Coldwater Police Department, Village of Coldwater, Innergy Fitness, Race Officials, Sponsors and Volunteers and their representatives or agents, from any liability for injuries or illness which may directly or indirectly result from participation in this race. I attest that I am physically fit and have sufficiently trained for this race.

\_\_\_\_\_  
Signature of Participant or Parent/Guardian if under 18 years of age