

2nd Annual
Patriot
7-K
 Run/Walk/Relay



Saturday, Sept. 4th, 2010
6:30 PM Evening Race
Coldwater, Ohio

Sponsored by:



*Race begins at NEW LOCATION of Innergy Fitness between Mile X Equipment and Coldwater Machine & ends at Coldwater Football/Track Stadium.

Time / Course 7k Run/Walk/Relay begins at 6:30 PM. Registration from 5:00pm-6:00pm in front of **Innergy Fitness' New Location** at 803 N Second St (St Rte 118) Coldwater, Ohio. The course will be a 7k (4.35 mile) flat course throughout the Village of Coldwater. **See back of this form for course map.**



Entry Fee



Individual:	Relay Team of 2: Send both entry forms w/ check together
\$17 pre-register w/ t-shirt	\$30 pre-register w/ t-shirt
\$12 pre-register w/o t-shirt	\$20 pre-register w/o t-shirt
\$22 race day registration w/ t-shirt*	\$38 race day registration w/ t-shirt*
\$16 race day registration w/o t-shirt	\$28 race day registration w/o t-shirt

**while supplies last*

Awards



Door Prizes and Awards after the race.
 \$100 to 1st place individual male & female finishers. \$50 1st place male, female, co-ed relay team finishers.
 Awards to single male & female 1st, 2nd, & 3rd place overall and 1st, 2nd, & 3rd in each age group.
 Awards to 1st,2nd,3rd place male,female,co-ed relay teams. Awards 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, 50-54, 55-59, 60 and over

For All Runners



Parking available in parking lots of Coldwater Machine, Signature 4, & Coldwater Stadium.
 Water available at Innergy Fitness & on course. Splits at 1, 2 & 3 mile markers. Refreshments at the finish. Restrooms available at start & finish.
RESULTS AVAILABLE ONLINE AT www.mercerhealth5kchallenge.com
 Call Innergy Fitness at 419-763-1111 with any questions.
 Relay: 2nd person will start at the bike path on Vine Street at the 2.3 mile mark. Transportation will leave Innergy Fitness after opening ceremonies.

Proceeds



The Intrepid Fallen Heroes Fund (www.fallenheroesfund.org) , Local Area Volunteer First Responders and Fire Department (see "Notes" section on back), & Coldwater Chamber of Commerce.

Detach Here

Official Entry Form - Patriot 7K Run/Walk/Relay - Must be postmarked by August 27

Name _____ Age on 9/4/10 _____ 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
 c/o Deanna Davis
 901 W Vine St, Coldwater OH 45828

***Registration can also be dropped off at Innergy Fitness**
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.

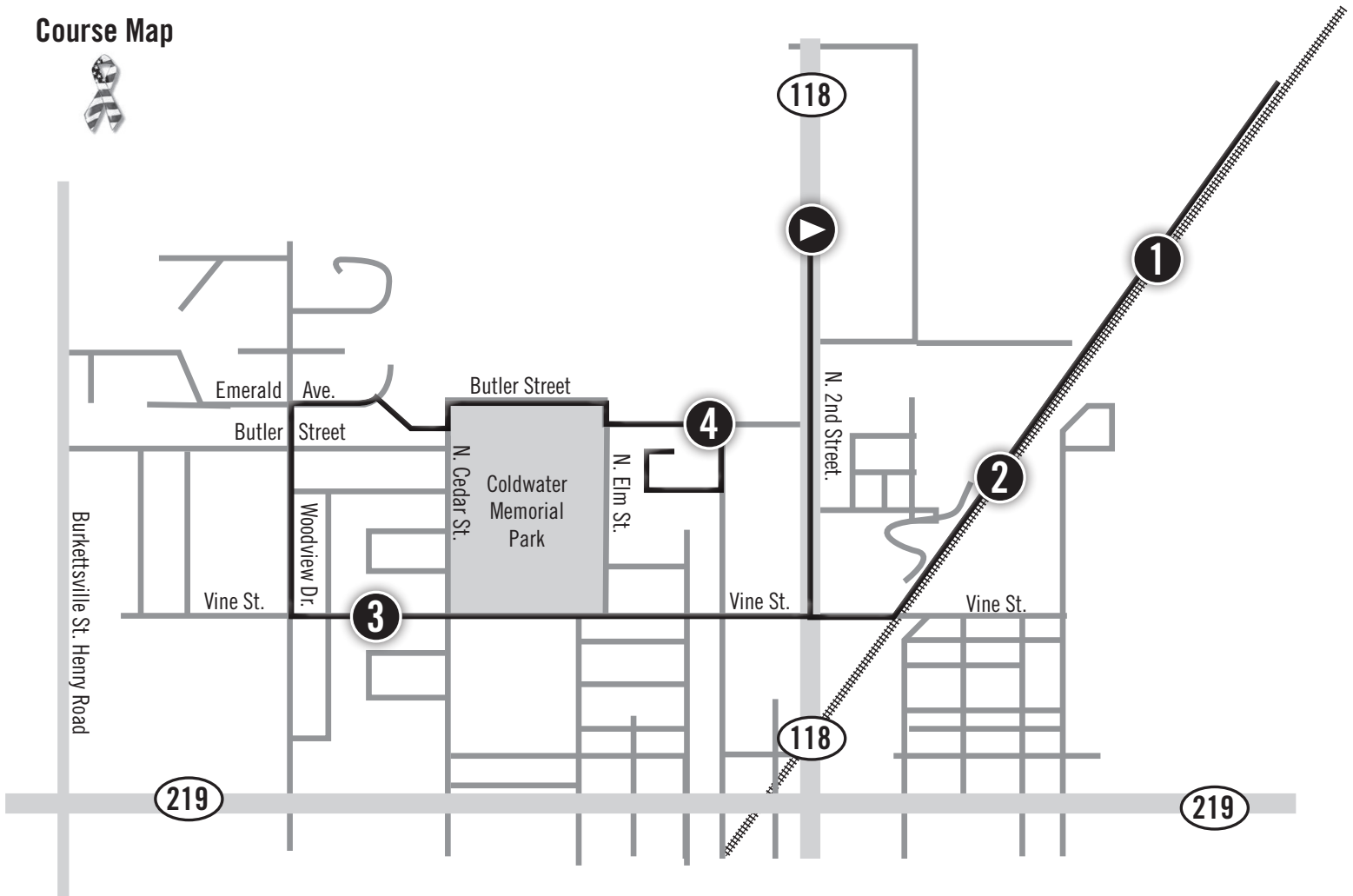
 Signature of Participant or Parent/Guardian if under 18 years of age

Previous Winners



Male			
2009	Kyle Minnich	Celina, Oh	24.24.08
Female			
2009	Ashley Shaffer	Coldwater, Oh	30.13.78
Relay			
2009	Dan Hemmelgarn, Alan Hemmelgarn	St Henry, Oh	24.02.99

Course Map



Start at Innergy Fitness located at 803 N Second St (118). Head North on Second St – East on Vine St – Northeast on Coldwater/Celina bike path (toward Celina) – turnaround ~1.5 mile mark to head Southwest on bikepath (toward Coldwater) – *at the intersection of the bike path and Vine St is where the second relay person will start, about the 2.3 mile mark* - West on Vine St – North on Woodview Dr – East on Emerald Ave – Southeast on the “Secret Sidewalk” – North on Cedar – East on Butler – South on N Elm St – East on Butler – South on alley next to Coldwater Stadium – Finish on Track of Coldwater Stadium.

Notes



Please be sure to provide your email address on registration form to receive updates on race day/evening events. We will recognize all active & reserve military & veterans, as well as fire fighters, first responders & police force at pre-race ceremony. If you have a hero you'd like to be honored, bring him/her along to enjoy the event! Also, if you know of any active military members, and think they would like to help with our event (i.e. opening ceremony, water stations, refreshments, awards, etc) please contact Innergy Fitness at innergyfitness@bright.net or 419-763-1111. To nominate your local volunteer fire department to be eligible to receive a portion of the funds from this event, please call Innergy Fitness. Winner will be chosen on race day. Good Luck to all runners!

