



FEAR THE CLIFF 2009 4th Annual 5K RUN/WALK 10K WALK



Benefit Run/Walk for the Advancement of Technology at Charles T. Young School in Cleves, Ohio
Sunday, November 8, 2009
9:00 am Start

LOCATION: The Race begins and concludes at Taylor High School, 36 E Harrison Avenue in the heart of North Bend, Ohio.

TIME: 7:00 am Registration Opens
9:00 am Run/Walk Begins

COURSE DESCRIPTION: The 5K & 10K course takes you from North Bend, Ohio past the tomb of President William Henry Harrison. Once you make it past the tomb, a challenging hill takes you to the "CLIFF" that overlooks the Ohio River from far above. The breathtaking view of the river against the backdrop of stunning Fall foliage makes this a memorable event that will bring you back year after year.

ENTRY FEES: \$25 Adult pre-registration
\$30 Adult race-day registration
\$15 Youth pre-registration (under 18 years old)
\$20 Youth race-day registration (under 18 years old)
\$75 Family Registration

Pre-registrants receive a long sleeve t-shirt on race day; those who register day of race will be provided shirts on a first come-first served basis.

RACE CATEGORIES: **Men and Women:** 14 and under, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 70-79, 80 and over.
Weight: Men 200-219 lbs., 220 and over; Women 160 and over.
Fitness Walkers: 29 and under, 30-39, 40-49, 50-59, 60 and over.

Deadline for pre-registration is October 30, 2009

AWARDS: Given to top male/female participants in each category

DIRECTIONS: North Bend is located off of Route 50, west of Downtown.
From west: take Route 50 towards Cincinnati or I-74 to the Miamitown/Cleves exit. Take Route 128 south to left on Rt. 50
From north: take I 275-South or I-75/71 to I-74 West to I 275 south to the Miamitown/Cleves exit. Take Route 128 south to left on Route 50
From east: Pick-up Route 50 out of downtown and follow to North Bend.

REFRESHMENTS: After the race

COURSE DETAILS: Fear the "Cliff" is an Out and Back Course in a low traffic residential area. The road will remain open to traffic; and Port-o-lets, water, and medical assistance will be available on the course.

NEED MORE INFO? Contact Kari Kuh 513.941.6400 or kkuh@three-rivers.org

OFFICIAL ENTRY BLANK

Name _____ Sex _____ Age on race day _____

Address _____ Phone _____

City _____ State _____ Zip _____

THE FOLLOWING RELEASE MUST BE SIGNED: In consideration for the acceptance of my entry, I, for myself, my executors, administrators and assignees do hereby release and discharge The Three Rivers Local School District and all organizations associated with the Three Rivers School District, the Village of North Bend, and Miami Township, and all sponsors and individuals assisting in the presentation of Fear the "Cliff" Run from all claims of damages, demands and actions whatsoever in any manner or growing out of my participation in this event. I hereby attest and verify that I have full knowledge of the risks involved in this race, that I assume and pay my own medical and emergency expenses in the event of accident, illness or other incapacity, regardless of whether I have authorized such expenses, and that I am physically fit and sufficiently trained to participate in this race.

Make checks payable to: Three Rivers Schools: Fear the "Cliff"
Mail to: Three Rivers: Fear the "Cliff" 401 N. Miami Ave, Cleves OH 45002

Circle one:

5K Run 10K Run 5K Fitness Walk

Circle one if applicable:

Run -Weight Men 200-219
Run -Weight Men 220/over
Run -Weight Women 160/over

Check one:

___ \$25 Pre-registration -Adult includes t-shirt
___ \$30 Race Day Registration -Adult
___ \$15 Pre-registration-Youth (under 18) includes tshirt
___ \$20 Race Day Registration -Youth (under 18)
___ \$75 Family Registration

T-Shirt (circle one)

-if family registration please include all t-shirt sizes
Adult XXL XL L M S **Child** L M S

Entry Signature _____ Date _____

Parent's Signature (required if entrant is under 18) _____ Date _____

In case of medical emergency contact: _____ Phone _____