

5K, Fitness Walk, Kids Run



DATE & TIME: Saturday, June 14, 2008.

7:30 A.M. Registration
 8:20 A.M. 2 Mile Fitness Walk
 8:30 A.M. 5K Race
 9:00 A.M. Kid's Run
 9:30 A.M. Awards Ceremony

COURSE: All events will be held on the Holmes County Trail starting and finishing at Hipp's Depot located just off of SR 39 west of Millersburg, OH by the fairgrounds.

ENTRY FEES:

Early registration forms received by April 30, 2008
 5K Race—\$20, Fitness Walk—\$12 and Kid's Run—\$10.
 Registration forms received by June 7, 2008
 5K Race—\$22, Fitness Walk—\$14 and Kid's Run—\$12.
 Race day registration
 5K Race—\$25, Fitness Walk—\$16 and Kid's Run—\$14.

REGISTRATION LOCATIONS:

Kinetics, Fitness for Life
 1237 Glen Dr. Millersburg, OH 44654 (330)674-4488
Download Race Flyer at www.spine-sport.com

MAIL completed entry form and CHECK ONLY to:

KINETICS FITNESS—ROAD APPLE
 1237 Glen Drive
 Millersburg, OH 44654

register online @ active.com

DOOR PRIZES: Door prizes given at awards ceremony
T-SHIRTS: Road Apple 5K t-shirts will be given to all pre-registered applicants. Late registrations received after June 7 are NOT guaranteed a t-shirt.

AWARDS: 5K Run : 1st place medals/trophies will be presented to both male and female overall winners. 1st, 2nd, 3rd place medals will be presented to both male and female winners in the following age groups: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and over. Kids age groups are 3-4, 5-6, 7-8, 9-11

REFRESHMENTS: Complimentary water, Gatorade and apples will be available. Limited to availability.

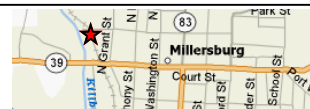
FOOD: Chicken barbeque. Proceeds go to support the trail.

FESTIVITIES: The Road Apple 5K is part of the Holmes County Trail Fund Raiser. Feel free to make a day of it. There will be an Auction of hand crafted Amish furniture and much more. Please visit www.holmestrail.org

RESULTS: Race results posted on www.spine-sport.com
 Go to sports, Road Apple 5K and 5K Results

Race Administered by Holmes Spine & Sport Chiropractic and Kinetics Fitness for Life. Email any questions to: Kat Williard roadapple5k@spine-sport.com

Event being held at the Holmes County Rails to Trails Depot just off of State Route 39 in Millersburg



SATURDAY JUNE 14, 2008 HOLMES COUNTY TRAIL 5K RACE 2 MILE FITNESS WALK KID'S RUN

LAST NAME		FIRST NAME		M/F
RACE DAY AGE	PHONE () -	EVENT	AMOUNT ENCLOSED	
MAILING ADDRESS			EMAIL (for registration confirmation)	
CITY	STATE	ZIP CODE		

I for myself, my executor, administrator, and assigns, do hereby release and discharge Holmes Spine and Sport, Kinetics Fitness for Life, Holmes County Trail, the race organizers, all staff, volunteers and sponsors from all claims of injury, damages, or liabilities of any kind arising from my participation in this event.

T-SHIRT SIZE (circle one):
 Youth YXS 2-4 YS 6-8 YM 10-12 YL 14-16 Adult S M L XL XXL

Signature (parent if under 18) _____ date _____