

Special Events

10K Bike

- The Bike will follow the 10K run course
- Awards will be given to top 3 male and female with the best time

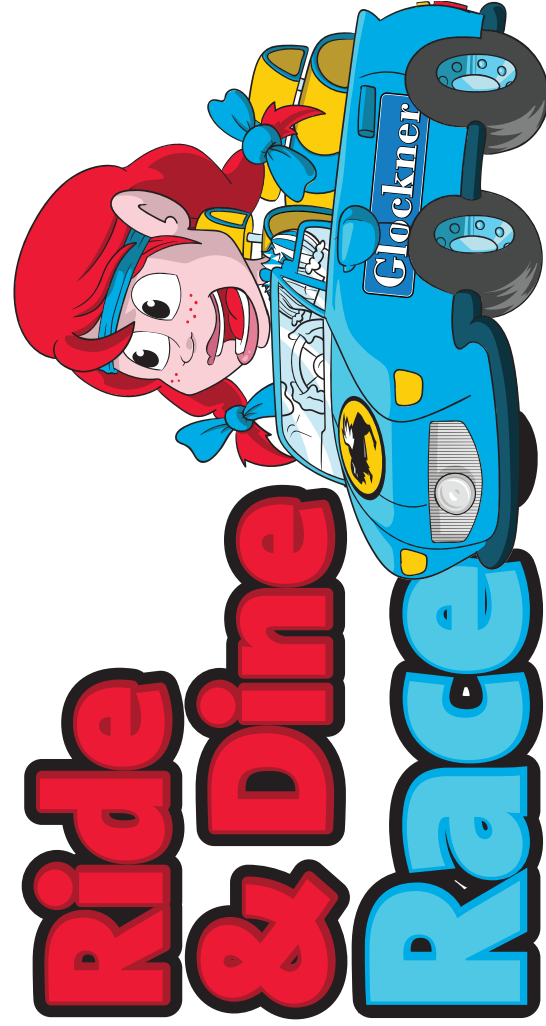
Duathlon-5K Run and 10K Bike

- The Run will follow the 5K run course
- The Bike will follow the 10K run course
- Awards will be given to top 3 male and female with the best time

U.S. Postage
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Permit #81
Portsmouth, OH
45662



The SOMC LIFE Center
1202 18th Street
Portsmouth, OH 45662



Proceeds benefit the SOMC Community Health & Wellness Fund.

Saturday
July 21st, 2018

The SOMC LIFE Center
1202 18th Street
Portsmouth, OH 45662



Saturday July 21st 2018

Competitive Event

- 5K Run
- 10K Run
- 10K Bike
- Duathlon

Start & Finish

The SOMC LIFE Center
1202 18th Street
Portsmouth, OH

Course

Shady, tree-lined, rolling residential area

Entry Fees

\$25/Run or Bike \$35/duathlon. Participants may register at Tristateracer.com

Awards Presentations

(immediately following races)

Awards will be given to the top 3 finishers in each age division of the 5K and 10K run. In the 10K bike and Duathlon division the top 3 finishers male and female will be recognized. Awards will be given to the male and female with the fastest time in the 5K and 10K runs. Top male and female will not receive duplicate awards.

Packet pickup begins at 6:30 am on the day of the race.

Age Divisions

5K Run

8 & younger
9-14
15-19
20-24
25-29
30-34
35-39
40-44
45-49
50-54
55-59
60-64
65-69
70 & older

10K Run

8 & younger
9-14
15-19
20-24
25-29
30-34
35-39
40-44
45-49
50-54
55-59
60-64
65-69
70 & older

10K Bike and Duathlon

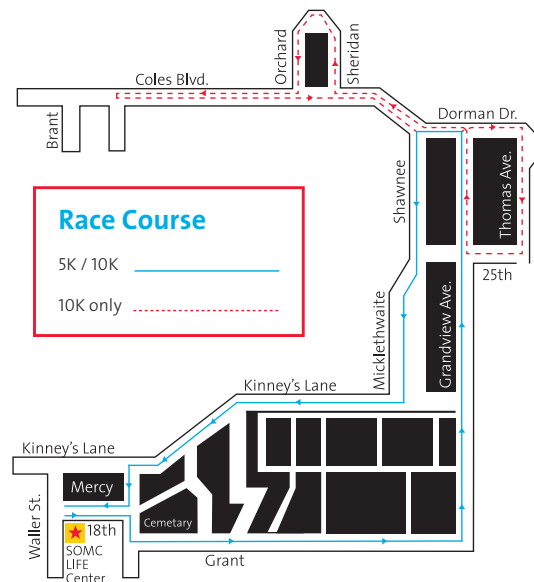
Top 3 Male
Top 3 Female

Race Day Schedule

6:30 am Registration for 5K/10K (packet pick-up)
7:30 am Registration Ends (no exceptions)
7:30 am Bike Begins
7:55 am Final Instructions (at starting line)
8:00 am Run Begin
9:00 am Awards Ceremony

Additional LIFE Center Information

Contact the SOMC LIFE Center at (740) 356-7650. Showers and restrooms will be available at the SOMC LIFE Center from 7:00 am until noon. Bring your own towels.



Entry Form

One form per participant; please print

Name _____

Age _____ Sex: M F

Street _____

City _____ State _____ Zip _____

Telephone _____

E-mail _____

or register online: www.tristateracer.com

T-shirt Sizes

Shirts will be reserved for first 250 registered

Please circle your shirt size: Sm Med Lg X-Lg XX-Lg

Additional shirts may be purchased on day of race for \$12. Supply limited.

Race Choice

Please circle your event

5K Run 10K Run 10K Bike Duathlon

Make check payable to: Ride and Dine Race
Return entry with remittance to: The SOMC LIFE Center
1202 18th Street
Portsmouth, Ohio 45662

For additional race information contact
Brad Zieber at (740) 356-7572 or send an
e-mail request to zieberb@somc.org

Waiver: In consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have against THE SOMC LIFE CENTER, SOUTHERN OHIO MEDICAL CENTER, AND ANY OF THE LISTED SPONSORS. I give permission for the free use of my name and/or photograph in any broadcast, telecast or other account of this event. I further attest and certify that I am physically fit and have sufficiently trained for competition in the event I am entering.

Signature (Parent or guardian if under 18)