

## 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

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Permit #81  
Portsmouth, OH  
45662



The SOMC LIFE Center  
1202 18<sup>th</sup> Street  
Portsmouth, OH 45662



5K Run/Walk | 10K Run/Bike | Duathlon

*Proceeds benefits the SOMC LIFE Center Wellness Programs.*

Saturday  
**September 1, 2018**

The SOMC LIFE Center  
1202 18<sup>th</sup> Street  
Portsmouth, OH 45662



Saturday  
September 1, 2018

### Competitive Event

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

### Start and Finish

The SOMC LIFE Center  
1202 18<sup>th</sup> Street  
Portsmouth, OH

### Course

Shady, tree-lined, rolling residential area

### Entry Fees

\$25/Run or Bike \$35/duathlon. Participants may register at [Tristateracer.com](http://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.

The 2017 R4YL is officially part of the Southern Ohio Senior Games. Seniors ages 50 and over will also be awarded medals for top finishers both male and female in the 5k run and the 10k bike. No additional registration or registration fees apply.

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

### Age Divisions

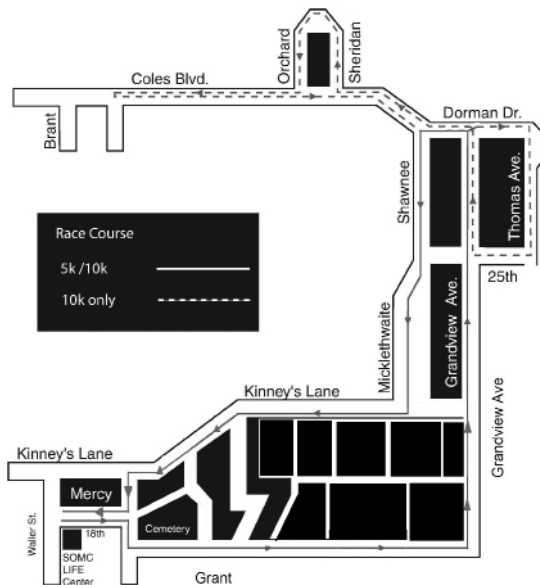
5K Run	10K Run	10K Bike and Duathlon
8 & younger	8 & younger	Top 3 Male
9-14	9-14	Top 3 Female
15-19	15-19	
20-24	20-24	
25-29	25-29	
30-34	30-34	
35-39	35-39	
40-44	40-44	
45-49	45-49	
50-54	50-54	
55-59	55-59	
60-64	60-64	
65-69	65-69	
70 & older	70 & older	

### Race Day Schedule

- 6:30 am · Registration for 5K/10K (packet pick-up)
- 7:25 am · Final Instructions (at starting line)
- 7:30 am · Registration Ends (no exceptions)
- 7:30 am · Bike Begins
- 7:35 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](http://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 \$10. Supply limited.*

### Race Choice Please circle your event

5K Run      10K Run      10K Bike      Duathlon

Have you participated in previous RFYL events? \_\_\_\_\_

*Make check payable to: Run For Your LIFE*  
*Return entry with remittance to: The SOMC LIFE Center, RFYL*  
1202 18<sup>th</sup> 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](mailto: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)*